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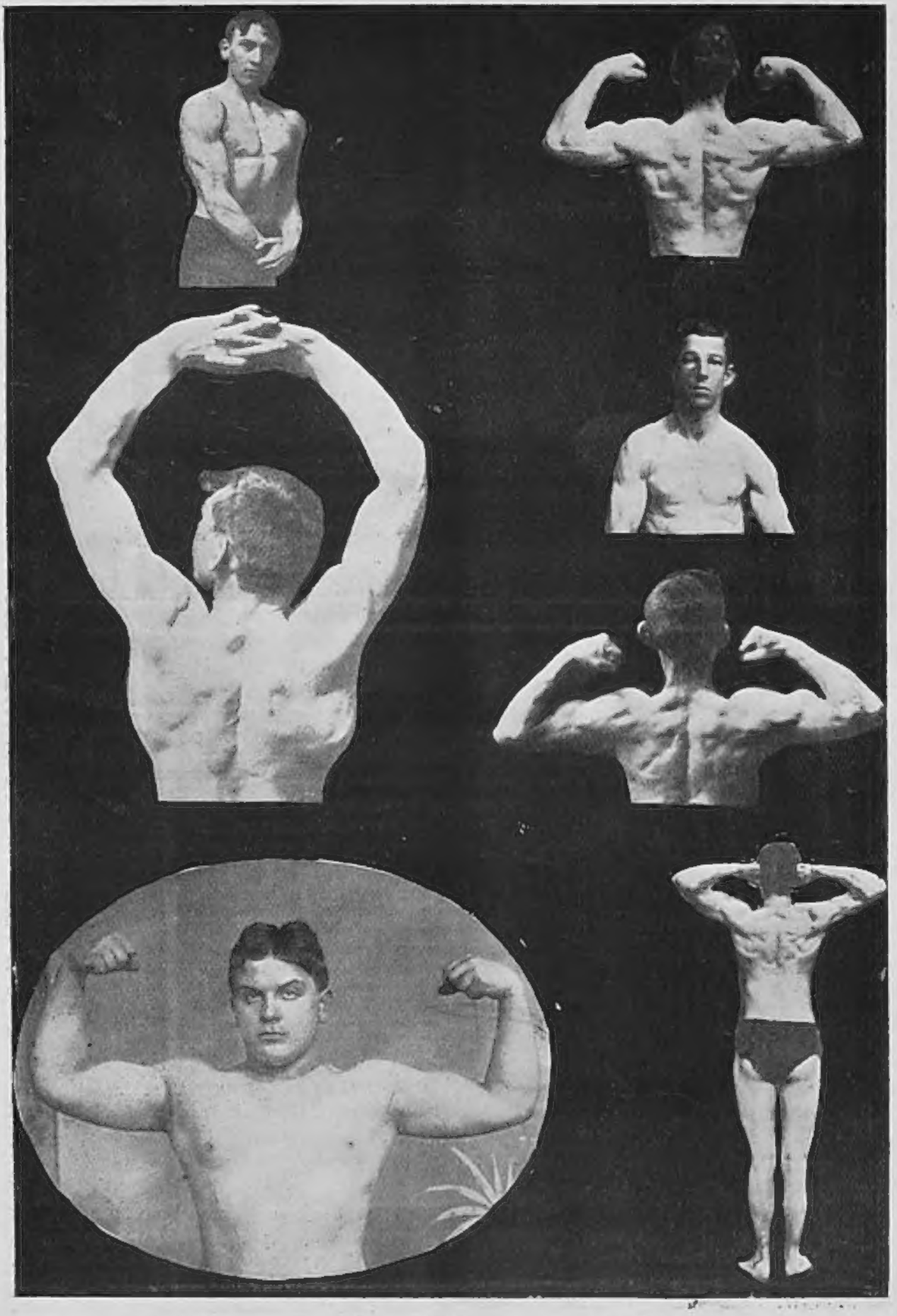

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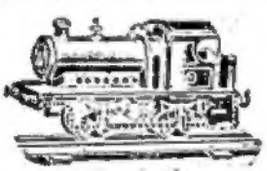

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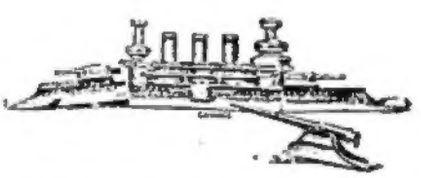

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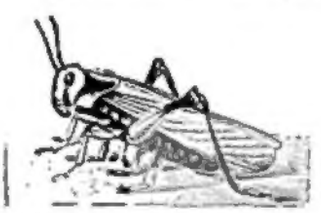

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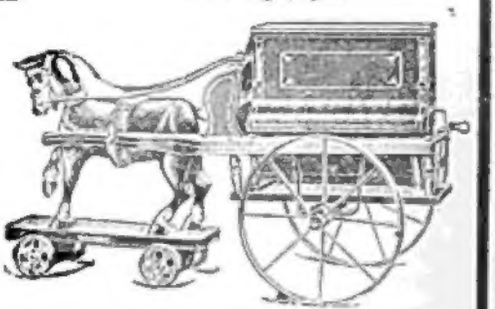

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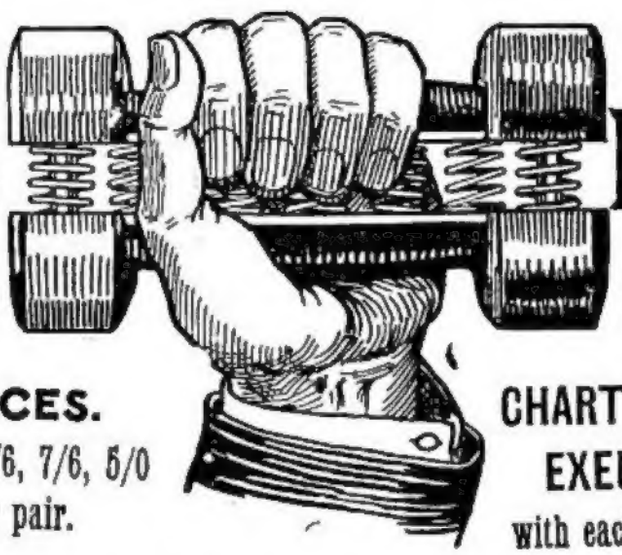

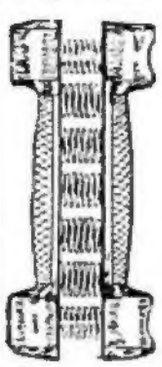

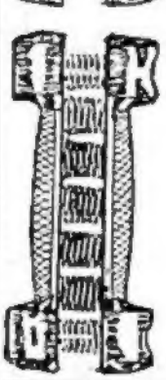

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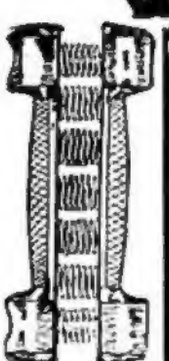

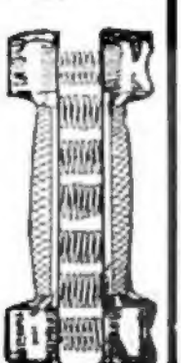

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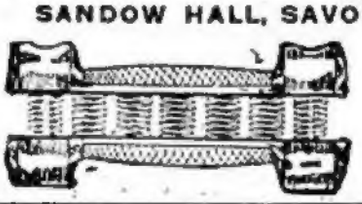

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Contents.

NOTES FROM MY NOTE-BOOK. By THE EDITOR 655
ARTICLES OF FOOD AND THEIR VALUES. By ALFRED ANDREWS 658
THE HABITS OF HABITS 661
TAMAMOTO, THE WORLD'S CHAMPION ROPE CLIMBER. By J. St. A. JEWELL 662
THE WAIST MUSCLES AND THE DIGESTIVE ORGANS. By J. W. HOPKINS 666
CLOTHING AND HEALTH. By "HEALTH CULTURIST" 668
VANSART: THE MAN WITH THE GRIP OF IRON. By HENRI JOHNSON ... 65)
LONG LIFE AND AIDS TO BEAUTY. By M. H. CARLYLE POWELL 672
IF YOU EVER MEET A BURGLAR OR ROBBER 673
A TALK WITH SIR JOHN COCKBURN ON A NEW SCHEME OF EDUCATION 675
SCIENTIFIC FOOTBALL... 677
"I TASTE IT." By A. R. CAMBERWELL, M.D. 678
SANDOW MAGAZINE READERS' CLUB 679
SANDOW MAGAZINE PHYSICAL CULTURE COMPETITION 680
RESULT OF AUGUST COMPETITION 681
THE BOER AS A WRESTLER. By "WANDERER" (Bromley) 682
HINTS FROM SANDOW AND ANSWERS TO CORRESPONDENTS 684
JAPANESE PHYSICAL TRAINING FOR WOMEN 685

How to deal with Hooligans and Street Roughs.

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SANDOW'S MAGAZINE

— OF —

PHYSICAL CULTURE & BRITISH SPORT.

Edited by EUGEN SANDOW. Assisted by FRANK PINK

VOL. XV. (Established 1898.) DECEMBER 14TH, 1905. No. 128.

NOTICES.

ADDRESS.—131 Temple Chambers, Temple Avenue, London, E.C.

Telephone: 3436 Central.

NOTICE.—Business Letters should be addressed to the Manager, Editorial Letters to the Editor. Cheques, Money Orders, and P.O.'s should be made payable to FRANK PINK, and Crossed "London and County Bank."

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EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution should be accompanied by note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

The recent desertions from the Second Cruiser Squadron during its visit to Canadian and American ports, was a graver matter even than was at first made apparent. No less than 355 men deserted from the various vessels of the fleet, and it is evident that something must be "rotten in the state of Denmark" when British seamen act in this unpatriotic fashion.

o——o

I always like to hear from my sailor and soldier readers, but a letter which I have just received from a seaman on the H.M.S. —— (for obvious reasons it would not be advisable to mention the ship's name) reveals a remarkable example of red tapeism on the part of those who are supposed to study the physical well-being of our Jack Tars. According to my correspondent, what used to be a gymnasium on his ship has been devoted to other purposes, and the men now have no place on board for the practice of Physical Culture. A number of them used to go to another ship for practice, but this was against the rules. One day a "crusher" (ship's police corporal) reported a sentry for allowing men to visit the other ship for purposes of gambling, and the men were punished lightly for being in an improper place.

o——o

No money or cards were found, or the punishment would have been more severe. The humour of the thing was that the "crusher" evidently mistook the clink of spring dumb-bells for the jingling of money. But it does seem strange that while private civilians are providing their own ships, as Mr. Devitt has just done, for the training of British seamen, the Admiralty should not afford proper facilities for sailors to develop their muscles properly. I am writing the Admiralty about the matter, concealing, of course, my correspondent's identity, and I shall see that this sailor's grievance is thoroughly ventilated.

o——o

Sailors, it appears, however, are not the only persons who have obstacles placed in the path to good health by those in authority over them. I have been appealed to by another correspondent, who writes to me under the expressive *nom de plume* of "Dying-in," and who gives me a terrible description of the life of the shop-assistant who is engaged in a large

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shop or warehouse on what is known as the "living-in" system. He tells me that the employés at his establishment are only allowed twenty minutes for their mid-day meal, that the tea they are given is little more than coloured water, and that they are given absolutely no opportunities or facilities for the culture of their bodies, while fines for all sorts of trivial offences are imposed.

o——o

I cannot for the life of me understand the false economy underlying the methods of employers of this kind. Is it possible to expect workers compelled—for few of them, I feel certain, would choose such a life if circumstances gave them any option—to accept such terms to give their best in return? Lack of air and exercise are not conducive to either mental or physical energy and the economics of the employers who expect such de-vitalised workers to be as productive as their better-favoured rivals are too absurd to need comment.

o——o

It is little wonder, indeed, that John Bull is steadily losing ground in the struggle for commercial supremacy when such antiquated ideas prevail. How vastly different, for instance, are such methods in comparison with, say, those of the National Cash Register Co., which makes the welfare and comfort of all its workers one of its first considerations. That great American concern treats the humblest of its employés as a human being, and pays careful attention to his or her physical welfare. "The better I treat my workers," said Mr. Paterson, the enlightened founder, "the more valuable they are to me."

o——o

In England, two firms that also make a feature of what Mr. Paterson calls "welfare work," are the great firms of Messrs. Lever, at Port Sunlight, and Mr. Geo. Cadbury, at Bourneville. I hope in an early issue to describe all three of these model industrial communities. In the meantime, I shall be glad if any of my readers possessing inside information concerning the disadvantages of the living-in system, will send same to me. It is my intention to set a special commissioner to investigate this matter thoroughly, and so far as in me lies to expose the cruelty this system inflicts, and the folly of it, both from a humane and a commercial standpoint.

o——o

By the way, I must apologise to those of my readers who have been awaiting the result of the Physical Culture Prize Competition. Since my return from India, I have had my hands pretty full, but I am glad to say I have got things running more evenly now, and the result of the August competition appears, somewhat tardily I admit, in the present issue. The result of the September competition I hope to announce next week. The competitions are now renewed, and I hope to receive plenty of entries from my readers in all parts of the globe. As before, two medals will be offered, one for readers under eighteen years of age, and one for readers above it. I also hope to reproduce some of the best photos. on the cover. The coupon will be found on another page.

o——o

In the meantime, I will announce a new competition. Each week I will give books to the value of half-a-guinea, to be selected from "Our Readers' Library" (see advt. pages) of Physical Culture, to the Reader who sends me the best account of (1) Why he took up Physical Culture? (2) description of the training—how, when and where; (3) the results attained (comparing with physical condition of time of starting); and (4) what the Reader is now doing to induce others to take up Physical Culture. I want really human documents. I don't want you to try to be a Macaulay or a Carlyle. Just describe, in your own way, as you would like others to explain, how they "went to work." I desire such "papers" to include particulars of what you have done to help others, as no man's work is so good as that of the man who seeks to help others as well as himself. I shall give preference to entries accompanied by photos, and, here again, I intend to

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give the best pride of place on the covers from time to time.

o——o

"Work makes men" was the title of an interesting article in last week's number. The life-story of every great man—of every man who has triumphed in the battle of life—shows that it is an all-absorbing liking for their work that has been the secret of their success. The man who makes his work a pleasure, who, as Carlyle puts it, "whistles at his work," is the man I will always back to win. The man who, in the expressive American vernacular, only hangs round "waiting for the pay car," is a no-account man, and his place can always easily be filled.

The Editor when 18 years of age.

At the same time it is only the healthy man who can take a real solid joy in his work. I am constantly receiving letters from young men who complain that they quickly get tired of any kind of work, who cannot arouse any interest in their employment. I am always sorry for such people, for what is often recklessly dubbed "laziness" is nothing more nor less than loss of vigour and lack of physical condition. A course of well-regulated physical exercise is the surest remedy in all such cases.

It is surprising how many people are inclined to associate great muscular strength with dulness of intellect, whereas the opposite is generally the contrary. Dr. Wm. G. Anderson, associate director of the Yale University Gymnasium, has contributed a very interesting article on this subject to an American magazine. "There is," he says, "a very intimate connection between muscularity and mentality. Animals which have the greatest latitude of movement have the largest brains and the best intellects. A great mistake is made by people who think that the brain is very different from the rest of the body. The brain is an organ of the body, and just as much somatic (corporeal matter) as the muscles of the arm."

o——o

The fact is, that it requires a healthy body to furnish pure blood to the brain, which in turn supplies the cells of the brain with a plentiful store of energy. The student who is deficient in health may, by training, acquire ability to concentrate his attention, but the effort is expensive, as he is not equal to compete with the studious man who possesses a sound and healthy bodily organisation.

o——o

I have referred before to the dangers of American football, but recent events show that it is more "strenuous" even than I imagined. One Saturday recently, two players received injuries so terrible that they both died shortly afterwards. A Chancellor of the New York University was so disgusted with the rough play at a 'Varsity match, that he telegraphed to Mr. Eliot, of Harvard, asking him to call a meeting of the presidents of the various University Colleges, in order to reform or abolish football. One college, I see, has already decided to abolish the game.

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Beans (Lima)	3	13	62	(2) 25		10 qt.
Beef (fat)	4	52	28	(28) 20		8 to 18 lb.
Beef (lean)	3 to 4	72	8	(4) 20		8 to 18 lb.
Beets	2 to 3½	85	11	— 4		6 doz.
Blackberries	1½	81	12	— 4		10 qt.
Bread (white)	3½	36	53	(2) 11		10 lb.
Bread (whole wheat)	3½	38	49	(4) 13		10 lb.
Bread (rye)	3½	43	47	— 8		5 lf.
Bread (graham)	3½	38	52	(3) 12		5 lf.
Buckwheat	3 to 4	14	72	(3) 14		4 lb.
Butter	3	12	83	(85) 5		20 to 30 lb.
Buttermilk	2	89	6	(2) 5		4 qt.
Cabbage	3 to 4	88	7	(1) 5		5 to 8 ea.
Carrots	3½	85	12	— 3		6 doz.
Cauliflower	2	90	6	(2) 4		12 ea.
Celery	3	91	6	— 3		5 stk.
Cheese	3½ to 6½	36	34	28 30		16 lb.
Cherries	2	84	12	— 4		10 lb.
Chestnuts	3½	10	73	(3) 17		12 to 15 qt.
Chocolate	3	15	65	(50) 20		40 lb.
Cocoa	3	10	64	(56) 26		50 lb.
Cocoanut	3½	7	74	(67) 19		5 to 8 ea.
Codfish (salt	3	51	—	—	27-22 salt	10 lb.
Corn meal (Indian)	3½	14	70	(7) 16		3 lb.
Corn (green)	2½	85	10	— 5		18 doz.
Cranberries	2	86	10	— 4		10 qt.
Cream	3	66	29	(27) 5		40 qt.
Cucumber	2 to 4	90	6	— 4		2 to 3 ea.
Currants	3	88	10	— 2		10 qt.
Dates	2	30	61	— 9		10 lb.
Duck	4½	76	8	(6) 16		16 lb.
Eels	3 to 4	65	22	(22) 13		12 ea.
Eggs	2 to 3½	74	11	(11) 15		1 to 3 ea.
Figs	2½	24	68	(1) 8		12 to 15 lb.
Filberts	3	12	68	(60) 20		20 lb.
Fish (white)	3	78	5	(3) 17		12 lb.
Grapes	2	82	13	(2) 5		5 to 10 lb.
Grape-nuts	1	5	78	(2) 17		15 pkg.
Ham (cured)	4 to 5	29	37	(37)	24-10 salt	13lb.
Herring	3½ to 4½	75	11	(10) 14		3 ea.
Lamb	2½ to 3½	72	12	(10) 16		8 to 18 lb.

ARTICLES.	Digestion hours	Water, per cent.	Heat and Energy, per cent.	Fat (not included in Heat and Energy), per cent.	Flesh and bone materials, per cent.	Cost. Cents
Lemons	1	86	11	— 3		20c dzn.
Lentils	3	14	56	(2) 30		10 per lb
Lettuce	1½	97	1	— 2		8 ea.
Mackerel	4	69	10	(8) 21		20 lb.
Macaroni	2½	11	70	(2) 19		10 lb.
Margarine	3 to 4	12	80	(82) 8		15 to 18 lb.
Melons (water)	1	90	7	— 3		25 ea
Milk (cow's)	2	86	9	(4) 5		5 to 10 qt.
Milk (cond'sd)	2 to 3	26	57	(11) 17		10 to 15 can.
Mushrooms	1½	90	5	— 5		25 can.
Mutton (fat)	4	50	32	(34) 18		5 to 16 lb.
Mutton (lean)	3 to 4	72	8	(5) 20		5 to 16 lb.
Nuts (prepared	2 to 3	7	63	(20) 24		20 to 50 lb
Oatmeal	2 to 3	10	71	(6) 19		3 lb.
Onions	1½ to 3	88	9	— 3		10 qt.
Oranges	1 to 2	86	11	— 3		25 dzn.
Oysters	2 to 3½	82	4	(2) 14		25 qt.
Parsnips	2½	82	15	(1) 3		2 ea.
Peaches (raw)	1½	85	12	— 3		10 qt.
Peas (split)	2½ to 3	14	56	(2) 30		5 lb.
Peas (green)	2	79	13	(1) 8		25 to 40 pk.
Peanuts	3	7	65	(47) 28		8 to 10 qt.
Pears (raw)	1½	85	10	— 5		2 to 5 ea
Pineapple	2 to 3	64	30	— 6		10 to 15 ea.
Plums (raw)	1½ to 2½	85	9	— 6		10 to 20 dzn.
Pork	4 to 5	40	48	(49) 12		5 to 18.
Potatoes (Irish)	2½ to 4	75	21	— 4		1½ lb.
Potatoes (sweet)	3	72	24	— 4		3 lb.
Poultry	2½ to 4	74	6	(4) 20		10 to 16 lb.
Prunes	3½	50	46	— 4		10 lb.
Rabbit	3	73	12	(5) 15		20 each.
Radishes	3½	91	5	— 4		2 bunch
Raisins	3	37	58	(1) 5		12 lb.
Raspberries	2	82	12	— 6		12 qt.
Rhubarb	2½	94	3	— 3		5 bunch
Rice	1	10	82	(1) 8		7 lb.
Sago	1½	12	85	— 3		12 lb.
Salmon	2 to 4	77	6	(6) 17		25 lb.
Sardines	3½	61	23	(23) 13		35 to 25 box
Spinach	2½	88	6	— 6		4 qt.
Sprouts	2	87	7	— 6		5 qt.
Strawberries	1½ to 2½	87	10	— 3		8 to 15 box
Tomatoes	1½	89	5	— 6		5 to 8 qt.
Turkey	3 to 4	74	8	(6) 18		15 to 18lb.
Turnips	2½	91	7	— 2		2 ea.
Veal	3½ to 4½	66	16	(13) 18		8 to 20 lb.
Walnuts	3½	13	68	(52) 19		15 lb.
Watercress	1½	93	4	— 3		7 bunch.
Wheat flour (white)	3	13	70	(2) 17		4 lb.
Wh'rtleberries	1½ to 2½	86	9	— 5		10 qt.

The Cent has an English equivalent of One Halfpenny.

This table shows how to select food according to needs; thus, split peas will give about six times more nourishment for the same sum of money than meat.

The analyses, also prices of food products, often differ very much, and digestion also; but the above figures give an approximate average for comparison; yet they will vary more or less according to times, places and persons. A few percentages are estimated, and fractions are omitted. The fat indicated in the fat

column is apportioned in the other percentages.

Six standard authors were consulted in this compilation.

Grape nuts are made from wheat and barley (a good and economical food).

Coffee and tea may prevent or retard digestion about 33 per cent. Salted meats, fish, etc., are harder to digest and less nutritious. Frying makes food harder to digest, for it toughens the food and burns the fat.

Always eat slowly and masticate the food thoroughly, and do not eat too much, for more ill health comes from overeating than from hunger. Cold drinks should be taken very slowly, or sipped.

Lean persons who wish to become stout should eat foods that have the highest per cent. of flesh and fat material, such as grains, legumes, nuts, sweet and starchy foods, provided they digest easily. Those wishing to become less stout should partake of foods that do not make flesh and fat, such as fruits, vegetables, etc. This guide is not invariable.

There are three things of the greatest importance to health, viz. :—Food of the right kind, amount and quality; sufficient warmth and proper clothing; plenty of pure air and exercise. Perhaps to these should be added cleanliness, the right kind and quantity of work or occupation, proper shelter and surroundings, also plenty of sunlight and peace of mind.

The food question is of primary consideration. No doubt by far the largest share of ill health comes from unsuitable food, and eating too much and too fast, also malnutrition. To these things every one should give early and constant attention, and each person must decide for himself the selection of the right kind of food. This is worthy of much study and experiment, for it is a well-known fact that what will agree with one person may disagree with another.

It is also a fact that the disposition is more or less affected by the kind of food habitually eaten. Animal food used largely will cause animal tendencies. Also, much stimulating food or drink will, as a rule, stimulate the animal nature. Therefore, select and eat the kinds of food that furnish health and strength, and affect the disposition toward moral, intellectual, and spiritual tendencies, thus cultivating the higher nature.

Cereals or edible grains, fruits, nuts and leguminous plants are undoubtedly the best kinds of food, in a general way.

The questions of how much, how often, and what to eat must be decided by each individual according to the capacity and ability of the stomach to digest food, and also the needs of the person. Some of these things are, no doubt, affected greatly by the financial question; but it is a fact that some of the most nourishing foods are the most economical; for example, barley, corn, whole wheat bread, dried beans, peas, lentils, nuts, oatmeal, rice, grape nuts, etc. (See comparative table.) The reasons why these articles are better foods are that they contain more nourishment, digest easily, and cost less proportionately than most other food products.

While not advocating meanness in the matter of eating, yet it is a good plan often to try and see how much nourishment and comfort one can get at the least cost. Above all things, do not allow yourself to become a slave to your appetite (or passions either). Strive to live above the swine plane of life. Study and learn how to be well and keep well. Also, give the mind proper food as well as the body, for this will contribute to health.

The nitrogenous matter or proteids (such as albumen, casein, fibrin, gelatin, gluten, etc.), mineral salts, and some fat in foods tend to make flesh and bone. Bone has one-third animal matter.

The non-nitrogenous matter, or carbohydrates (such as starch and sugar), most of the fat, and a small percentage of the proteids tend to make heat and energy.

Neither meat, fish, butter, nor eggs contain starch or sugar. Fruit and vegetables contain very little or no fat.

The legumes, viz., beans, lentils, and peas, also almonds, cheese, cocoa, and

peanuts contain the highest per cent. of proteids (about 30), also much "salts."

The foods that have the highest per cent. of fat contain very little or no starch or sugar. Those having the highest per cent. of starch and sugar have very little or no fat. Starch in the body may be changed into fat.

The well-balanced food products are barley, corn, condensed milk, whole wheat meal, beans, lentils, peas, oatmeal, grape-nuts, macaroni, almonds, cocoa, cocoanuts, chestnuts, filberts, hazlenuts, and walnuts. These contain a good proportion of proteids, starch and sugar, fat and salts.

Prepared nut foods are easier to digest than raw nuts, unless the latter are thoroughly chewed. Nut oil or fat digest easier than animal fat.

A well-balanced dinner may be made of pea soup, macaroni, corn bread with nut butter, and rice pudding. For drink, take chocolate.

The "salts" in foods, viz., lime, sulphur, sodium, etc., and needed in the body should not be the crude minerals, but such as are contained in cereals, fruits, legumes, nuts, vegetables, and water. Enough are to be had in these, so other salts should seldom be used.

Extracts from "Foods," by Edward Smith, M.D., L.L.B., F.R.S., London, England. Tenth edition. 1895:

"There are foods which nourish one part of the body only, and others which sustain one chief vital action; these are called flesh forming or heat forming foods, whilst others combine both qualities."

"Food is required by the body for two chief purposes, viz., to generate heat and produce and maintain the structures under the influence of life and exertion. The importance of the latter is the more apparent, since wasting of the body is familiarly associated with decay of life; but the former is much more urgent, that whereas the body may waste for a lengthened period and yet live, it rapidly dies when the source of heat in the body is removed or even greatly lessened. The production of heat in the body results only from the chemical combination of the elements of food, whether on the minute scale of the atoms of the several tissues or on the larger one connected with respiration, and is thence called the combustion of food."

"It may thus be shown that the division of foods into the two great classes of flesh formers and heat generators is not to be taken too incisively, for whilst a food is acting it may also produce heat, and whilst the heat generating food is acting it may also produce a part of flesh in the form of fat; but although they are so closely associated in their vital work, the leading characteristics of each kind are so marked as to warrant the classification which Liebig has formulated."

From Kirke's Physiology. Eleventh Edition:

"Observations upon animals show that when fed exclusively on non-nitrogenous diet they speedily emaciate and die, as if from starvation; that life is much more prolonged with nitrogenous than with non-nitrogenous food, and that animal heat is maintained as well by the former as by the latter."

Food combinations, etc., condensed from "Health in the Household:"

Persons with weak digestion should not, as a rule, eat fruits and vegetables together; that is, at the same meal. Neither should they eat fat or fried foods.

Cereals and fruits are better than meats and fat for warm weather, and meats and fat are better suited for cold than warm weather.

Potatoes and some other foods when baked will digest in much less time than when boiled or fried.

Tomatoes do well with almost everything except fruit.

All grains and vegetables should be thoroughly cooked, especially green fruits and green vegetables.

The time for digestion depends much upon how food is cooked.

Nuts and biscuits, ground together (in a coffee mill) make a good food combination, and may be eaten with milk.

Many of the highest authorities on dietetics and hygiene claim that all condiments, salts, spices, vinegar, etc., are not nutritious and retard digestion, being mostly irritants or stimulants.

THE HABITS OF HABITS.

(Continued from November 16th issue.)

"That balancing moment at which pleasure would allure, and conscience is urging us to refrain, may be regarded as the point of departure or divergency whence one or other of the two processes (toward evil, or toward good) take their commencement. Each of them consists of a particular succession of ideas, with their attendant feelings; and whichever of them may happen to be described once has, by the law of suggestion, the greater chance, in the same circumstances, of being described over again. Should the mind dwell on an object of allurement, and the considerations of principle not be entertained, it will pass inward from the first incitement to the final and guilty indulgence by a series of stepping-stones, each of which will present itself more readily in future, and with less chance of arrest or interruption by the suggestions of conscience than before."

"But should these suggestions be admitted, and, far more, should they prevail, then, on the principle of association, will they be all the more apt to intervene on the repetition of the same circumstances, and again break that line of continuity, which, but for this intervention, would have led from a temptation to a turpitude or a crime."

"If, on the occurrence of a temptation, formerly conscience did interpose, and represent the evil of a compliance, and so impress the man with a sense of obligation as led him to dismiss the fascinating object from the presence of his mind, or to hurry away from it; the likelihood is that the recurrence of a similar temptation will suggest the same train of thoughts and feelings, and lead to the same beneficial result; and this is a likelihood ever increasing with every repetition of the process.

"The train which would have terminated in a vicious indulgence is dispossessed by the train which conduces to a resolution and an act of virtuous self-denial. The thoughts which tend to awaken emotions and purposes on the side of duty find readier entrance into the mind, and the thoughts which awaken and urge forward the desire of what is evil more readily give way. The positive force on the side of virtue is augmented by every repetition of the train which leads to a virtuous determination. The resistance to this force, on the side of vice, is weakened in proportion to the frequency wherewith that train of suggestions which would have led to a vicious indulgence is broken and discomfited.

"It is thus that when one is successfully resolute in his opposition to evil, the power of making the achievement, and the facility of the achievement itself, are both upon the increase, and virtue makes double gain to herself by every separate conquest which she may have won. The humbler attainments of moral worth are first mastered and secured, and the aspiring disciple may pass onward, in a career that is quite indefinite, to nobler deeds and nobler sacrifices."—Dr. T. Chalmers.

I have a strong habit of using quotations, for when great ideas like the foregoing are "robed" in fitting garments by their authors, I prefer not to be guilty of "disrobing" those ideas and "dressing" them in rags for the sake of getting a reputation.

The man who has "clothed" an idea in the best "style" has the best right to that idea, and should have precedence, and prominence.

These great men who have spoken to you in this article are "the main speakers."

The world is full of judgment days; and into every assembly that a man enters, in every action he attempts, he is gauged and stamped.—EMERSON.

The choicest of all effulgences is the shining of knowledge on men of understanding.—DESVOIR.

MR. TAMAMOTO.

TAMAMOTO.

The World's Champion Rope Climber.

BY J. ST. A. JEWELL

(Author of "The Loss of the Malpasia and Other Sea Stories.")

MRS. TAMAMOTO.

I HAVE always understood that Monday evenings were looked upon as the most dull of the week by theatrical managers and others responsible for the conduct of public entertainments. Indeed, it has been whispered to me, on more than one occasion, that, on the night in question, a good proportion of the elegantly-dressed occupants of stall seats got there without any pecuniary disadvantage to themselves.

Whether there is any modicum of truth in this oft-repeated statement I am not prepared to say, but I am perfectly sure that it is a state of affairs that never applies to St. George's Hall, Langham Place, where Mr. David Devant and his associates deal out magic and mystery with a prodigal hand, and strange things occur.

When I presented my card at the box office on a recent Monday night, I didn't exactly have to ju-jitsu a whole crowd of evening-dressed ladies and gentlemen before I got to the pigeon hole, but I certainly had to do more elbow work than I like anywhere outside a wrestling match. However, the management was most kind, and when I intimated in lordly tones that I was the "Special Commissioner from SANDOW'S MAGAZINE, I was accommodated with one of the front seats where the exalted are wont to sit, and from then on the pleasures of this world opened out before me abundantly.

My visit was made for a specific purpose, and that purpose was to view a rope-climbing "turn," given by one Mr. C. Tamamoto. His was the first item on the programme, which cried aloud, in bold print—

"C. TAMAMOTO,"

"the Japanese Blondin, in a graceful performance, concluding with an extraordinary display on the Perpendicular Rope."

Having read the announcement, I speculated as to what manner of man Mr. C. Tamamoto was, what was the extraordinary display of rope-climbing like, what was——

On my right the band was playing sweet music—the sort of music that makes a man feel almost religious—soft, low, and caressingly sweet. Suddenly it died away, and, as it did so, one became conscious of an artistic void instantly created. Scarcely had this impression made itself manifest, than the front curtain began to ascend, and I sat up with a jerk.

Then the band began again, and, to its music, there stepped from the wings a sturdy little Japanese, in national costume. To the centre of the stage he made his way, and then bowed in that dignified manner, of which only a Japanese is capable.

Perhaps a lengthy experience in all physical culture matters has quickened my perception as regards muscular capabilities, but as I gazed on Nippon's

son, I saw, in a glance, that he was a trained athlete. From his shoulders to his thighs his body was clothed in gorgeous apparel, and, beneath the gold-embroidered edges of his robe, his legs, garbed in snow-white tights, stood out against a background of blue—massive, strong, and powerful.

On either side of the stage, and well to the front were two pedestals, between which was stretched a slack piano wire. Tamamoto grasped this with both hands, did an upstart, and, quicker than it takes to write, was balancing himself gracefully on the tiny metal string, apparently as comfortable as though he stood upon good solid ground. Then, from the wings, stepped out a charming little woman, in an equally charming Japanese costume—a large paper umbrella in her hand. This she handed to Tamamoto, who then began to run rapidly from pedestal to pedestal, all the while manipulating the umbrella in endless fashion. One feat was a particularly good one, and was accomplished in a very pretty way.

He stood, both feet together, in the centre of the wire, facing the audience, with the umbrella at the back of his head. Suddenly he bent at the knees, and held the umbrella right in front, completely shutting himself from view, so that all the audience saw was the shining wire, with a paper umbrella apparently balancing itself in the middle. Gradually the umbrella began to swing forwards and backwards, and then it suddenly fell to the ground, disclosing Tamamoto swinging vigorously, only one leg touching the wire, which crossed his left shin-bone, close to the ankle.

It was an astonishing position—one I have never yet seen assumed by any wire walker. As a piece of balancing, it was marvellous—nothing less—and when the thought of the thin wire, pressing right on to the shin sunk home, I could only think that Tamamoto was equipped with a cast-iron skin and a lack of nerves.

As soon as he descended from the wire, his whole apparatus disappeared so quickly that I really think Mr. Devant must have had a hand in the game. (You must always recollect that all things are possible at St. George's Hall.)

Just as quickly, a rope descended from the top of the stage, and its lower end was secured close to the footlights. It was fairly tight, perpendicular, and, as far as I could judge, about an inch in diameter. Up this rope Tamamoto climbed, using his feet like a second pair of hands. It was not so much a climb as a walk, for he went up for all the world as you or I might climb a ladder. Arriving at the top, he proceeded to make himself comfortable. He grasped the rope by the inside of both thighs and the muscles of his calves, and then leaned out sideways until his body was at right angles to the rope.

Possibly, the many lights made it warm up there, and, if this was so, it affords adequate reason for his pulling out a delicate little Japanese fan, and cooling himself—which he did. Moreover, he did it in a most aggravating and cool manner, which, to my mind, ill-fitted the circumstances. Apparently it got too warm up there, for Tamamoto suddenly straightened up, and slid down to within about two feet of the stage, and during the slide he retained the same grip, and his body, bar his legs, was well clear of the rope. A man who can do that sort of thing with his hands behind his back is worth looking at.

Trick, or rather feat, followed feat, each one as difficult as that described, until my back hair began to rise. When he calmly suggested, by dumb show, that he proposed to slide from the top to the stage, head downwards, holding the rope only by his leg muscles, I suddenly recollected that I was an agent for two or three insurance companies, and, in the excitement of the moment, could hardly restrain myself from jumping on the stage and suggesting to him the advisability to taking out instanto a good fat policy. (He's a married man, you must know, and has responsibilities.)

It is as well that I *did* restrain myself, for he accomplished the feat in such a way as showed clearly that to him, at any rate, it was as easy as being in arrear with the rent is to me.

His rope performance concluded with a series of hand balances, and most extraordinary poses, and when he bowed his acknowledgment I made a rush for the stage door. I meant to interview

Tamamoto, whether he wished it or otherwise, and was prepared to face the "evictor" of the Hall (if there was one) to get at him.

encouragement, I asked, "Howoldareyou?"

"Excuse me," said a soft voice behind me, "you must not detain him—he has no time to spare."

I managed to get him on the stage, just as he was going to his dressing room, but when I suggested an interview, he made it plain he was in a great hurry.

Notwithstanding a decided lack of

I turned round quickly, expecting to see one of the Hall officials, but, lo and behold, there stood the little Japanese lady! "You are ——" I began, bowing low. "Madame Tamamoto," she said, with a most delightful curtsey.

"You speak English like a native," I said. "Tell me, Madame, something about your husband. How old is he?" 'He is thirty-four," she answered readily. "And what part of Japan does he come from?" I went on. "From Joshiu.'

Madame made a move towards the staircase, and, in doing so, caught her beautiful Japanese silk dress in some scenery. That was my chance, and I grasped it. Stooping down, I quickly and deftly freed the fabric, without so much as breaking a thread, Madame looking over her shoulder the while, anxiety depicted on every inch of her face. Then I got between her and the staircase, and, before she had time to give expression to her thanks, I said, "And now, Madame, you owe me a debt of gratitude. You can pay it at once by answering my questions. Tell me all about your husband."

It was callous diplomacy—brutal to the last degree; but Madame was in a hurry, and I wanted information. What was I to do? I blush as I think of it, and——may the gods forgive me!

Madame rose to the occasion. She gave me a nut-shell history, something like this: "He is thirty-four years old, and comes from Joshiu. He is five feet three inches high, and he weighs ten stone, and he does not go in for any special diet. And—let me see—Oh, yes! —he is a fine wrestler—very strong—and this is his first appearance in England." "And training, Madame—what about training?" I asked.

"Oh, yes! He trains every day, two or three hours at a time. He has climbed a rope a hundred feet high—just as he climbed to-night. If it is fifty or a hundred feet it is the same to him—he is very strong."

Madame paused whilst I pencilled furiously. "And how much do I owe you now?" she asked as I finished.

"Madame," I said, "please don't reproach me. Instead, tell me something about yourself. Do you also climb ropes?" "No," she answered, "I walk on swords—sharp swords. Perhaps you may have an opportunity of seeing my performance soon. Now—at the moment—I am in a great hurry, and must say 'good-night.'"

J. SAYERS,

Nephew of the redoubtable Tom Sayers, and trainer of the Southern United F.C., whose career was described in last week's issue.

THE WAIST MUSCLES AND THE DIGESTIVE ORGANS.

By J. W. HOPKINS.

SYSTEMATIC training of the side and front muscles of the trunk more directly affects the state of health than do any other classes of exercise. These exercises are known as Abdominal Movements, and Lateral Trunk Exercises.

Abdominal movements are exercises which cause the muscles of the abdomen to contract and relax. A few good exercises classified according to the strength of the movement are as follows: (*a*) Lying, head-raising; (*b*) stretch-lying, alternate knee flexion with leg extension; (*c*) rest-lying, alternate leg-raising; (*d*), wing knee standing, trunk flexion backward; (*e*) wing, foot support sitting, trunk flexion backward; (*f*) rest lying, 2-knee flexion with 2-leg extension; (*g*) lying, head and leg-raising; (*h*) rest fall foot support sitting, trunk-rotation.

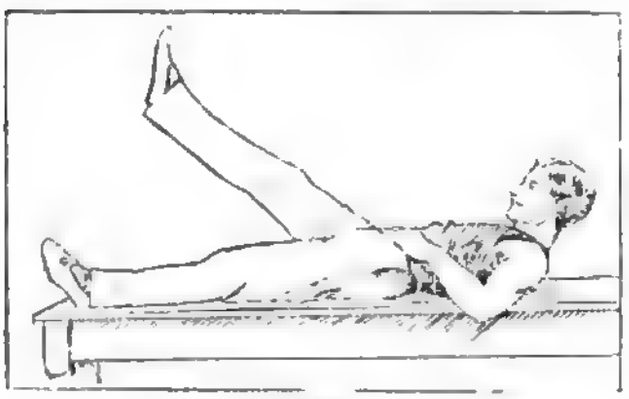

FIGURE 1.

These are described as follows: (*a*) lying on the back, with the hands placed on the hips, raise the head as far as possible without raising the shoulders or cramping the chest. Count six while raising the head, and the same while lowering it. Figure 1 illustrates this movement of the head. (*b*) Lying on the back with the arms stretched over the head, grasping, if possible, the legs of a chair or some other support: 1, Bend the left knee, bringing it well above the abdomen; 2, extend the leg upward, toe pointing upward; 3, lower the leg, keeping the knee straight. Figure 2. (*c*) Lying on the back with the hands clasped behind the head and the elbows pressed to the floor, raise the legs alternately. (*d*) With the hands on the hips, kneel. In this position bend backward several times. (*e*) Sitting, with the hands on the hips, support the feet under the edge of the bed, bureau, or bookcase. Bend backward, then raise the body. (*f*) Lying on the back with the hands clasped behind the head. 1, bend both knees as in exercise (*b*); 2, extend the legs upward, until they are straight; 3, keeping the legs straight, let them return to position, resting on the floor or bed. (*g*) Lie on the back with the arms at the side. Raise the head and left leg. Count five while raising the head and leg, and the same while lowering them. After the patient is sufficiently strong, both legs may be raised as the head. (*h*) Sit with the hands clasped behind the head, and the feet supported as in (*e*). Bend backward about forty-five degrees; then, holding the body straight, twist alternately to left and right. See Figure 3.

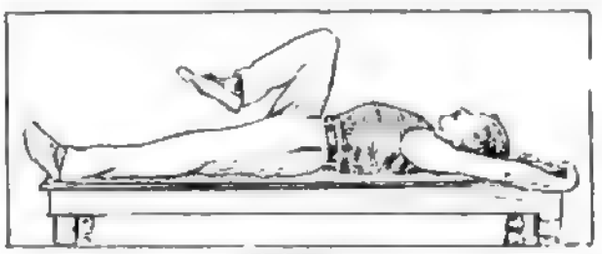

FIGURE 2.

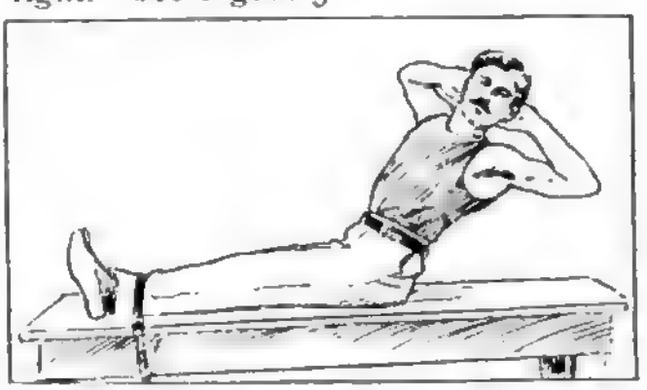

FIGURE 3.

In all abdominal exercises the chest must be lifted and the ribs fixed before the movement is taken. If the chest is thus arched, the compression of the abdomen begins below, and the viscera are moved upward, thus being restored to their natural position. But if the chest is not arched and the ribs fixed, the upper part of the abdomen is flattened and the stomach and bowels are pressed forward.

So it is well to combine all these movements with breathing exercises. For instance, in Exercise (*g*) first take a deep breath, then raise the legs and lower them again before breathing out. Repeat the exercise, alternating deep breathing with each movement. In Exercise (*d*) take a deep breath before bending backward, and after reaching the reclining position empty the lungs and fill them again before lifting the body.

These abdominal exercises have a direct influence upon the circulation. With each contraction of the muscles of the abdomen the viscera are subjected to strong pressure; this forces the blood out of them and also out of the abdominal cavity into the limbs. When the muscles relax, and the pressure is removed, the reverse takes place, the blood flowing back. So that the tone and strength of the digestive organs are greatly improved by a course of these progressive gymnastics.

We might say that the digestion is directly controlled by these exercises. Among those who live a sedentary life, sitting at their desks or engaged in other occupations which require little or no vigorous work of the waist muscles, the circulation in the stomach, liver, and intestines is very slow. These organs gradually lose their strength, their muscular tissue becoming flabby and soft. Work is needed for these cases. Regular walks in the open air, fast and slow according to the need of the individual, will accomplish much. These walks should be accompanied by breathing exercises. Breathe in while walking four steps. Breathe out while walking the same. After finding that the lungs are not filled by this length of inspiration, take five steps while inhaling, and five while exhaling, and so increase the length of the breath. These walking and breathing exercises accompanied by the movements described before stimulate the glands of the digestive tract. The secretion of fluids for digestion is increased and hastened. The movement of the food in the alimentary tract is mechanically aided, the food being forced on by muscular contraction.

Great care should be used in giving such exercises to children. The ribs and sternum of the child are soft, quite readily yielding to pressure, and if abdominal movements of much strength are given, the chest will become depressed. Fortunately, most children need very little of such special work, their digestion being good. The active playful habits of a child also aid his digestion.

Lateral trunk exercises consist of twistings and side bendings of the trunk. The movement may be made hard enough for the strongest man, by moving the arms upward, first clasping the hands behind the head with the elbows pushed back, or the arms may be extended upward, hands clasped, and straight arms pressed back of the ears, and the side bending then taken. This exercise is a powerful stimulant to the liver. Among physical culturists it is known as the "Liver Squeezer," or "Liver Pill," as it wakes up many torpid livers.

These exercises are best taken at night. The bending sideways should be done before retiring. They should be followed by a breathing exercise taken lying upon the back. Completely fill the lungs, and then as completely empty them. Then, with the lungs yet empty, go through the motions as it were of breathing, but without allowing any air to pass into the lungs. This will cause the ribs to rise, and will pull and lift the stomach and intestines up to their proper positions. This can be repeated two or three times before taking the breath, and then the exercises may be taken again. Follow with movements (*e*) or (*f*); then take the inspiratory lifting again, to close the work for the night.

This will leave the tissues which support the stomach and intestines, relaxed, and nature will build them up during the night's rest. If these exercises are faithfully and judicially followed they will yield most gratifying results.

CLOTHING AND HEALTH.—By "Health Culturist."

THE injurious conditions resulting from the wearing of clothes has been dealt with by Dr. C. H. Stratz, of the Hague, in a work on clothes and health. Dr. Stratz states that the wearing of clothes is the cause of a large portion of the disease to which so-called civilized races are subject. Clothing should be so modified, he says, as to prevent pressure upon the delicate parts of the body, and to permit of free action of the skin, and unrestricted movement. Dr. Stratz is quite severe upon the dress reformers who, he says, have not approached the matter in a truly scientific spirit. Whether this sweeping criticism is or is not merited it is certain that their efforts have been productive of good.

It has often been said that the man's braces and coat collar had done more harm than a woman's corset. Dr. Stratz's observations confirm this. For he states that bad as the ordinary corset is, the wearing of a tight collar or of a heavy weight upon the shoulders is more injurious than the corset.

Ninety-nine out of every hundred people have curvature of the spine (Scoliosis) to a greater or less degree. This condition is the direct result of the constant downpulling pressure of the tightly-buttoned waistcoat, and the unyielding coat collar upon the plastic tissues. The pressure of the corset is mainly at the waist. This permits of comparatively free action of the upper ribs. As a matter of fact, women, in general, stand, walk, and breathe more correctly than men.

"The thing to be reformed," says Dr. Stratz, "is not so much the clothing as that which is behind the clothes. Of 150 girls born in 1870, by the time ten years had elapsed, 100 were still alive, but 35 of these had rickets, and 15 were scrofulous, or showed an inclination toward consumption. Ten years later 20 of the other 50, in their struggle by tight lacing and drinking vinegar to remain slender, had ruined their forms, and 25 of the others, five years later, had ruined their forms by wearing corsets too long, and lacing them too tight. So that, at the end of twenty-five years, only five of the 150 retained their health and fine forms. The tendency of women to take up golf and bicycle riding has had a good influence in compelling them to wear lighter corsets and fewer underclothes. It is not a question of hanging the skirts from the shoulders or the waist, but one of reducing the weight and number of superfluous skirts."

Don't protect the skin if you would be well and strong. Expose it freely. Sudden changes are good for it. Wear as little clothing as possible—as little as the prejudice of other people will allow you. If you have a "cold" or two at first, fast until they are over, and be thankful that your system is ridding itself of its impurities in this way.

Now, through exposure to sudden changes of temperature, the activity of the skin is increased and the body protected from disease. It is not the man who never wears an overcoat who "takes cold," has bronchitis, pneumonia, and cold feet. It is the man who protects himself carefully from "draughts," who wears over-shoes, overcoats, fleece-lined underwear and a big muffler. The more clothing he wears the more easily he "takes cold," and the easier victim he is to bronchitis, pneumonia, and other disease.

The skin is one of the vital organs of the body. It performs a function similar to the lungs, excreting poisonous matters and absorbing oxygen. The functions of the skin depend upon cleanliness and upon the activity with which its surface contracts and expands. With every expansion seven million little mouths vomit forth the poison-laden perspiration and take in the life-giving oxygen of the air

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"You don't do anything at all, do you, Digby?"

"Don't do anything? Do you know that the work performed by the more vital processes of the human body every twenty-four hours amounts to 1 ting 3,400 tons?"

HE IS A LIVING MUSCULAR CHART.

VANSART: THE MAN WITH THE GRIP OF IRON.

By HENRI JOHNSON.

ONE of the most wonderful living examples of muscular development is Vansart, "the man with the grip of iron."

It was about four years ago I first made his acquaintance. It was in the subterranean depths of the Central Weight-lifting Club in High Holborn. The occasion was what the members excitedly described as a "display night"—when the leading stars of the strong-man world would deign to shed the encouraging radiance of their mighty forms on the chrysalis-stage forms of budding Sandows and those merely ordinary beings whose only practical sympathy towards Physical Culture never goes beyond the stage of "Do let me feel your arm. Dear me, what muscles! How did you 'make' them so big?"

Vansart in those ante-professional days was "Mr. Vansittart"—a man-about-town—a West-end Clubman, and most of the Central members were always prepared to swallow considerably of the patronage of his presence. Not that Mr. Vansittart ever put on any "side" or made himself "superior" in any way to the humblest individual. Indeed, I don't think I have ever met a man so unassuming.

I believe that much of his ascendancy, over beginners especially, was unconsciously gained for him by his reserved bearing. Amongst most of the leading strong men there is always more or less of the attitude that insists on occupying the centre of the stage. Vansittart was never guilty of this sort of thing. He has come into the Club and sat down in an attitude very unlike that assumed by the strong man beginner, who is always most consciously posing when others are about.

Thereby hangs a tale or two. A new member swaggers into the weight-lifting

room. With apparent great difficulty he shoulders his way through the obviously wide-enough doorway. I know what to expect, and avoid a handshake if possible, for I know he will try to crumple up my hand—just to show that he is a Physical Culturist. If no "big" men are present he looks round in a patronising way and sees—but does not know—our friend Vansit—(well, I'd better stick to his present stage name hereafter—all stage people are jealous of their name and advertising opportunities)—I mean Vansart. I know what is coming to pass, and "sure and be faith" it does. Our young strong man sees a man huddled up in a long black overcoat, and—presumably to benefit the club membership, but really in order to secure an opportunity of showing what *he* can do—very engagingly addresses the stranger, saying he "ought to join—fine thing for any man—look at me—only joined three weeks ago—was a wreck—look at me now," suiting the action to the word by peeling off his coat and rolling up the sleeve of his good right arm.

Vansart assumes that wonderfully expressive "You surprise me" look of his, and our champion-in-the-bud takes the bait like a ravenous cod, ignorant of the fact that he is tackling the greatest "coulder" in the Physical Culture field.

Vansart feels the young champion's arm, his eyebrows rise higher and higher, and, thus encouraged, the ignorant one is totally oblivious of the fact that where 'gnorance is bliss 'tis folly to be wise. Vansart points to a certain flabby muscle and asks its name. The man hesitates—and is lost. Vansart looks anxiously round the room as if seeking knowledge. The other members crowd round. One knows, and announces: "The supinatur longus, I believe (very deferentially), Mr. Vansart." Imagine if you can the confusion of our would-be champion. He is soon lost to sight, but to memory dear, as the members tell and re-tell the tale to the other members who keep dropping in.

Persistent are the requests to Vansart to show his marvellous arm, and truly bewildering the different expressions of wonder and surprise, the old hands chiming in with: "There's an arm for you, you youngsters"—"What did I tell you?"—and so on in a very babel of exclamatory comment and talk.

The feature of Vansart's wonderful arm, to my mind, is the deep-drooping triceps muscle, and in the back view the beautiful sun-burst effect of each deltoid. Something of this effect can be seen in the back view photo., but it lacks the subtly quivering life of actual beholding. Thus stimulated, the appetites of these present always demanded more, and under further pressure Vansart generally stripped to the waist and delighted the eyes of muscle-admirers with a view that I consider to be a living muscular chart.

The ice of his reserve thus broken, Vansart would generally "do" a few feats, such as raise and hold five full-sized billiard cues dead level in a horizontal position between the first two fingers of his right hand—that is, the small ends of the cues resting on the end joint of the first finger, and held in position by the first joint of the second finger.

Another remarkable feat was to "palm" a full champagne bottle between the fingers of one hand, working down the bottle and thus lifting it up until it stood on its base on the palm of his hand. Try this with an empty bottle.

His most wonderful feat was the bending into the shape of a staple or horseshoe a long iron nail five-eighths of an inch thick. Since he has started on the variety stage Vansart had a bad accident in doing this feat. The nail slipped and tore his right deltoid as he was bending to his work, and he had to take a rest for some months. He now says that the accident has not affected the strength of the muscle in any way.

Vansart has had a career of more than average variety. Some years ago he was smitten with the gold fever, about the time of the British Columbia boom. I don't think he would object to my saying that he lost more than he found, seeing that to get gold he found it necessary to obtain it from those who had got some by making public exhibitions of his muscles and strength.

It happened this way: Vansart had taken up Physical Culture when in his youth little thinking that some day it would earn him £35 (which I understand he now draws) a week on the variety stage.

To hark back to Vansart's British Columbian experiences, he one day found himself without "dust," or anything that would pass as currency. In those days of British Columbian history—and it's only a few years ago—the saloon keeper was the general storekeeper, too, and to him Vansart told his tale of woe. In his anxiety he gripped the top of a metal tankard and crumpled it up. "Say, young fellow, you are damaging my silver-ware—you're a pretty strong man, I can see—why not start in as a strong man, right here and now; I'll give you board and lodge and 50 dollars a week; if you'll do a few tricks that'll please the boys."

Vansart has no false modesty or false pride. He "started in." He pulled against six men, and he pulled against horses. He then buckled up the horses' shoes; the latter feat tickled folk immensely, until one day a sneering Yank thought to best him by producing a huge nail used for fastening piles and big timber joinery. Vansart bent this up too. He originated, I believe, the card-tearing feat (he now tears three-and-a-half packs at one "go").

His "shows" attracted so much attention that he conceived the idea of showing on his own account. Accordingly, he travelled from Seattle down through the States giving shows. Occasionally he and another strong man struck the same place, and the air grew blue with wordy challenges—and the money rolled in.

Hackenschmidt met Vansart one day, and the Russian was amazed at Vansart's huge and sharply-defined muscles. "Hoch, magnifique!" exclaimed the now famous Georges amidst a "patter" of Russo-Franco-German expressions of wonderment and admiration. I produced some of the huge nails that Vansart crumples up in his hands. Vansart "obliged" and Hackenschmidt then had a "go." Try as he would he could not do more than just bend the big nail out of the straight. He gripped his right wrist in his left hand, as much as to say, "Ah, it is here that he is stronger than I."

To Prevent Suicide.

Owing to the increase of suicides in America, an Anti-Suicide Commission has been established. Dr. Cooley, of Cleveland, Ohio, one of the physicians of the Commission, has already saved several men and women from suicide, and made them pledge their word not to kill themselves until the commission shall have had an opportunity to see how their lives can be rendered more tolerable and more cheerful. "If you have no friends," the Commission says, "we will try to find some for you; if you are penniless, we will try to get you work, and we want you to forget yourself by living for the good friends we will provide you."

HOW TO STOP BLEEDING.—A halfpenny wrapped in a handkerchief, bound tightly round the wound, will stop the bleeding in any cases of the bursting of a varicose vein. It is no use to wrap the limb up in a towel; that only soaks up the blood.—DR. DANFORD THOMAS.

DAVID BILLINGTON (of Bacup).
The famous champion Swimmer whose recent suspension is causing much stir in natatory circles.

LONG LIFE AND AIDS TO BEAUTY.

By M. H. CARLYLE POWELL.

"We can perceive that events are brought about not by insulated interpositions of Divine power, exerted in each particular case, but by the establishment of general laws."—WHEWELL, *Bridgewater Treatise.*

One hearty meal a day, slowly eaten, is the secret of good looks, health, and longevity. A breakfast of a raw egg, a luncheon of fruit, and a hearty meal in the evening, does much more good than several meals a day.

It is harmful to eat when very tired.

Eat as little of meat as possible, and in summer none should be eaten. Drink more pure milk and less of alcoholic or gaseous liquors or waters.

Freshly-made bread is not conducive to health or beauty, but much of spinach, lettuce, carrots, and cabbages are very useful as complexion beautifiers—you cannot eat too much of them!

Cold porridge and fried foods are not easily digested.

Ice and iced-water should never be taken.

Coffee is hardly worth drinking. Tea may be drank occasionally, but not regularly—cocoa is far better, but see that you get good cocoa.

Never go to bed hungry.

Eat nuts in place of candy, and ripe olives instead of bonbons.

It is better to take no intoxicating liquors—you save your life and money.

Take no water at meals, but you may drink freely between meals; and do not omit to take a glassful first thing after you get out of bed in the morning, and half a glassful as you are retiring at night.

Upon arising in the morning, after the glass of water has been drunken, "breathe life" into your system through the nostrils, exhaling slowly through the mouth, before you commence your physical exercises, but never inhale through your mouth.

Take an early morning run regularly. The distance should not be less than a quarter of a mile, at the same time holding a deep breath occasionally. After this, free yourself of all clothing, and have a good wipe down with a sponge or coarse towel.

Bathe daily, and be careful to wipe your hair dry, as well as every other part of the body before dressing.

If you get wet by rains, do not hesitate to change your clothes and rub the body briskly with an ordinary shoe-brush.

Relax your muscles completely when you sit or lie down, and, above all things, *never worry*, for things *must* go right in time.

Cherish no idea of disease remaining in your body; command it to depart, and never think that you will die soon. Carry sunshine everywhere you go!

Take at least eight hours of sleep out of every twenty-four, but see that you do it in a room with at least one window open, and your body well covered with a sheet from toe to neck, also that you do not sleep on feather mattresses.

Do not wear too much clothes, and wear only clothes that will permit free ventilation to the body. In summer do not wear black clothes—white is preferable. The washable fabrics are better and cheaper for use.

Do not weaken your system by excesses, superficial work, or overstrain.

Do not hasten your early death by pride, for it is only vanity.

Think well of everyone, and always pass along a word of praise.

Remember that noble thoughts must create noble deeds.

WE need not despair of ultimately arriving at such a pitch of perfection that we shall be as superior to the early types of man as they were to the ape.—PROF. BOYD DAWKINS.

DEGENERATE FADDISTS.—The abolition of capital punishment, attacks on field sports, abstinence from flesh foods on humanitarian grounds, the clamours of dreamers against war all spring from the false creed which sees only one half of morality, and finds in physical pain the chief of evils.—*Spectator.*

IF YOU EVER MEET A BURGLAR OR ROBBER

Here are Some of the Very Astonishing Tricks you can Easily do to Him.

EVERYBODY has speculated more or less on what he or she would most probably do in case of being suddenly confronted by a burglar. Different people have faced the predicament in different ways—by pretending to be asleep, by hiding under the bedclothes, by screaming for help, by seeking safety in flight or—by tackling the burglar.

The last-named is not always the wisest method, particularly if the burglar is big and muscular and well armed and you are not. But as the average housebreaker dreads a personal encounter and does not prowl around with a dark lantern in one hand and a revolver in the other, it is generally safe to assume that he will be more afraid of you than you should be of him.

With that much understood, the next thing to be considered is just how to treat Mr. Burglar when you meet him.

In order to thoroughly master the tricks of the jiu-jitsu system, it is necessary to study them closely, and to practise them carefully until every point is perfectly understood.

It is claimed for the Kano Jiu-Jitsu system of attack and defence that not only is it possible to kill an adversary outright, but also to restore him to life afterwards.

"The criticism has been made," says Mr. Higashi in explanation, "that since we were able to restore those whom we kill, we do not really kill at all, but merely knock out our victims. This is a very natural error on the part of Occidental readers. Our more serious tricks do kill, because they stop every vital process of life. A man killed by one of our more serious tricks could not be restored to life by any of the methods known to the medical profession. But by Kuatsu, which is based on a knowledge of the natural laws of anatomy and physiology, as gained by our adepts after many centuries of study, it is possible to set the vital forces in operation again by mechanical means. Kuatsu, however, must be applied immediately after the victim succumbs."

All this is very interesting to know. Probably no other nation except the Japanese would have ever conceived the idea of scientifically killing a man by tapping him on a negative vital spot and then bringing him back to life again by tapping him on another positive vital spot.

In Japan only the most advanced pupils are initiated into the mysteries of the most secret and deadly tricks of Kano Jiu-Jitsu, and their practice is always under the watchful eye of a skilled instructor, who is versed in the ways of Kuatsu, the particular branch of jiu-jitsu which deals with the restoration of a contestant who had been rendered unconscious, or apparently killed.

It is even suggested that this restorative science should be carefully studied by laymen and physicians alike, for, with a knowledge of the newest Japanese methods of resuscitation, it will be possible to save many lives that are now lost through accidental causes. The methods of Kuatsu are efficacious in cases of sunstroke and drowning, for instance, where ordinary medical means may fail.

Many over-timorous persons have urged against the jiu-jitsu the stigma of the "foul blow." There are many dangerous blows that are struck in boxing, which, however, prohibits blows below the belt. As there are so many dangerous blows that may be struck above the belt, it can be supposed only that the boxer has restricted the area with which dangerous blows may be struck only in order that he may have the fewer points to guard against attack. The jiu-jitsu

man inflicts no injury that, it is claimed, he cannot promptly repair by means of Kuatsu. On the other hand, the boxer not infrequently strikes a blow that kills the opponent and is compelled to stand helplessly by and watch his victim drifting into another life.

METHOD 1.—If the burglar closes in on you, [illegible] by the middle, sink to your right knee [illegible] your left knee against the outside of [illegible]. Then pull towards you and down, [illegible] with your left hand at the right side of his jacket, [illegible] strongly up. Throw yourself forward on your right shoulder, and with your left shoulder push the burglar's left knee up. Then simply throw him over your left shoulder and sit on him.

METHOD 2.—If he seizes you around the waist, throw your right arm round his neck. Then [illegible] the back of your right knee kick at the back of his right knee, forcing him to sit down backward very suddenly. Your victim will fall on his back.

METHOD 3.—If you find the burglar is a very muscular chap, seize his wrists. Twist suddenly around, crossing his wrists. Then pull both of his arms over your shoulder, suddenly bend forward and throw him.

METHOD 4.—If the burglar seizes you, thrust your arm inside of his and seize him at the back of the neck. Thrust your left arm between his legs, seizing him at the back of the left leg. Drop swiftly to your right knee and push the top of your head against his chest. Bend forward, pulling on your victim's collar and on his left leg, and over he goes.

METHOD 5.—If the burglar seizes you, thrust body from the rear, quickly thrust your left leg back of your assailant's right leg. Keep the burglar's waist on your left leg and throw him.

METHOD 6.—If the burglar rushes at you, drop on one knee, but advancing the foot of the other leg. At the same time grasp your assailant's legs just back of the knee and lift him with your head. The burglar, as he goes over your back, will throw one hand to the floor in an effort to save himself.

Be wise in all thy conversation.—THE APOCRYPHA.

"Keep Virtue's simple paths those ways approves,
Nor think from evil good can ever rise."

ALWAYS place a definite purpose before you, get the habit of mastering the inclinations.

NORTHUMBERLAND SCHOOL OF PHYSICAL CULTURE.—The ladies' class in connection with the Northumberland School of Physical Culture, recently opened at the Racquet-court, College-street, Newcastle, has commenced work, under the direction of Colour-Sergeant Turvey, D.L.I. The [illegible] dumbbell [illegible] exercises. The classes will be resumed every Monday evening, from 7 to 9 o'clock.

The Hirsute Gladiator.

THE latest addition to the world of strength is a German, who lifts heavy weights and swings them about with his hair.

He is known as Sacha, "The Hirsute Gladiator," and is now appearing at one of the variety theatres in this country.

At a private show which "The Hirsute Gladiator" gave to a few of his friends, he fixed a steel comb firmly in his locks, and, attaching it to a 50 lb. weight, swung it round and round his head.

He next suspended a 50 lb. weight from his fringe, and another from his back hair, and juggled with them, finishing up by swinging from a trapeze head downwards, and lifting a 25 lb. weight from the floor, also with his hair.

Sacha then encircled a man with a belt and lifted him easily by his hair. All of a sudden there was an ominous cracking and tearing sound; the horrified spectators thought that at last it was Sacha's hair being torn out by the roots, owing to the heavy strain. It was only the belt giving way.

RURAL DEPOPULATION (REPORT ON THE CENSUS OF 1901).—Between 1801 and 1901 the urban population increased 15.2 per cent., the rural population only 2.0 per cent. Following are the most notable examples of urban increase:—

London	7.3	Walthamstow	105.3
Liverpool	8.8	Leyton	50.7
Manchester	7.0	West Ham	30.5
Birmingham	9.2	West Hartlepool	40.3
East Ham	103.5		

EVIL INFLUENCE OF FEAR.—Proper ideas upon the evil influence of fear, such as are possessed by the Japanese, would revolutionise this country. We know that germs kill more than the sword, but, although fear really kills more than germs, we are content to have the religion of fear preached daily. It is preached not only in our nurseries and schools, but its principles are sown broadcast in print.—MACDONALD SMITH (in *Daily Express*).

THE AVERAGE LENGTH OF A MAN'S STRIDE.—Quetelet estimates the average length of a man's stride at 31½ inches, and the distance an average traveller can cover at this rate is 7,158 yards an hour, or 119 yards a minute. The length of the strides in the various European armies is as follows:—In the German army it is 31½ inches, with a cadence of 112 steps per minute; in the Austrian army 29½ inches, with a cadence of from 115 to 130 per minute; in the French army 29½ inches, with a cadence of 115 per minute; in the British army 30 inches, with a cadence of 116 per minute.

A TALK WITH SIR JOHN COCKBURN ON A NEW SCHEME OF EDUCATION.

WE gladly give publicity to the following interview with Sir John Cockburn on the Imperial Service College, which we believe deserves the support of the public. Sir John Cockburn will be known to our readers as a distinguished representative of the Colony of South Australia. Settling in Australia in 1875, after taking his degree of M.D. at the University of London, Sir John rapidly advanced to the highest position in the Colony. In 1884 he entered the House of Assembly and became Minister of Education from 1885 to 1887. In 1889 he was appointed Premier, and Chief Secretary in 1892, and was Minister of Education and Agriculture from 1893 to 1898. From the latter date up to 1901 he was Agent-General in London for South Australia, having represented the Colony at the Federal Conferences on many occasions previously. On the subject of education Sir John may, therefore, be said to speak with authority, more especially from the Colonial point of view, which it is one of the objects of the Imperial Service College to serve.

Says *The Westminster Gazette*:

"'My great object in joining the Board of the Imperial Service College, he explained, 'was to encourage a scheme of education which I believe will draw the mother-country and the Colonies closer together. In consolidating the sections of our Imperial race, and in standardising the qualities of the men who build the Empire, co-education is a factor of prime importance. Cecil Rhodes emphasised this requirement, but participation in his magnificent and patriotic bequest must of necessity be limited to a fortunate and gifted few. The Imperial Service College aims at supplying a popular and more widely circulated edition of his great work. In every British Colony are sons of officers who took part in the South African War, and who would like to follow in their fathers' footsteps by serving the Empire either in the Military or Civil departments. Now more than a thousand officers lost their lives in that war, and many of their families have necessarily been left in a straitened position. In order to obtain the education necessary for them to enter the services of the Crown, doubtless many of those resident abroad will come to this country. But the fees at most of the great public schools are beyond the reach of bereaved families with slender means, and even of many parents, especially of professional men, such as ministers and doctors, who are anxious to see their sons in the Army or the Civil Service. It is not in the interests of efficiency that these should be debarred from entering the public service, for this class supplies a quality of manhood most valuable for Imperial duties.'

"'The College differs, then, only in so far as its fees are concerned from the ordinary public school?' I asked.

"'Not only in that respect,' said Sir John; 'I think that in other directions it is an improvement on the ordinary public school. Methods might be effected so far as preparation for military calling is concerned. The curriculum has been arranged for the development of the qualities specially required for a soldier: such as keen observation, correct inference, and sound common-sense judgment. In modern warfare the soldier is continually confronted with conditions previously unknown, and must cultivate in the highest degree the faculties of alertness, resource, and decision.

"'This, in our view, necessitates much more attention being given to the physical side of education, not only as to games—although these are unequalled for teaching pluck and endurance and for

banishing hesitation, the bane of all undertakings—I allude more particularly to the training of the eye and the hand in the workshop, laboratory, and at the rifle range. My own ideal of education is that boys should spend half the school hours in the class-rooms and the other half in the workshop, laboratory, and field. Such subjects as wood and iron work, practical physics, and surveying should be included in the curriculum. Thus mind and body are harmoniously developed. My experience is that the training of the eye and the hand is of immense advantage to the development of the purely intellectual faculties. It has, in fact, been found that pupils who enjoy this combined form of education make in half the time greater strides in their book lessons, besides obtaining that practical aptitude in using their brains which no poring over books nor purely class-room studies can impart.

"'It is proposed also to organise a Colonial side for the school, to meet the special requirements of those who desire to pioneer in the outlying regions of the Empire. The nucleus of such a school as that already outlined already exists.'

"'Is the College already in being?' I asked.

"'Yes,' said Sir John, 'I am glad to say that the Imperial Service College is already in working order at Harpenden, in Hertfordshire. Here, I believe, we have the germ of a great educational institution which could be made of inestimable benefit to the country and to the Empire. Thirty years ago a few officers subscribed together the necessary funds to start a school at Westward Ho! To meet the enlarged requirements a trust was formed, with the Duke of Cambridge as president, and its first work was to take over the school at Westward Ho! and to move it to Harpenden, twenty-five miles from London. The headmaster and principal is the Rev. F. W. Tracy, M.A., who has every quality necessary for organising and conducting the larger scheme on appropriate lines as a hostel school. The elements of success for this additional Imperial nexus are to hand. It has a sphere of its own and will interfere with no existing establishment. So far the burden has been borne by the generosity of a certain number of officers, who have dipped very deeply into their private purses to start and maintain the school. They cannot, however, continue to bear the expense single-handed.'

"'What measure of public support has the College received?' I asked.

"'Very little,' said Sir John; 'and we need a great deal more if it is to be a success. There can be no doubt as to the genuine need of such a school, and I may add that the King has expressed his good wishes, and the Duke of Connaught has given his approval of the scheme. A meeting was held in its support at the Mansion House a few weeks ago, when Lord Roberts stated his belief that the college met a national want and should prove a national benefit. Lord Methuen in his letter said: "It is the conservative feeling in some of these public schools which makes it so difficult for a boy to learn only what he requires to know as a soldier, in like manner as the Naval College teaches just what is required for a sailor, and here, I believe, the Imperial College should fulfil the requirements." Lord Roberts is one of the vice-presidents of the College. In this distinguished list are included, among others, the Duke of Westminster, the Duke of Portland, the Lord Chief Justice of England, Lord Strathcona, Viscount Wolseley, and Sir Reginald Hennell, D.S.O. General Sir Stanley Edwards is chairman, and Admiral the Hon. Sir Edmund Fremantle vice-chairman.

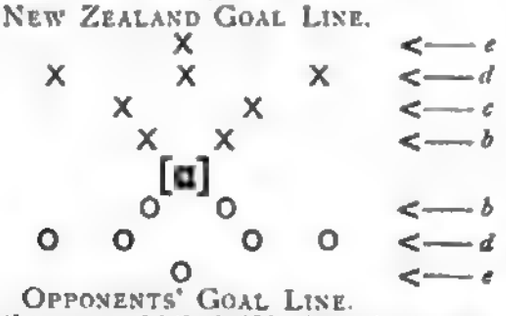
"'Well-wishers can assist by becoming members of the trust for the annual payment of one guinea or more. Those who wish to subscribe more generously may imitate the example of the "Pious Founders" of the past, by whose donations nearly all our great public schools were built and endowed. The requirement is a college which will be worthy of the great Services which have made the Empire what it is. I am at liberty to add that donations will be gratefully acknowledged by the hon. treasurers, Lord Lytton and Mr. V. Biscoe Tritton, at 112, St. Martin's Lane.'"

SCIENTIFIC FOOTBALL.

The "Placing" of the "All Blacks."

IT is to the scientific placing of their field behind the forwards that the "All Blacks" owe their numerous opportunities of scoring. The New Zealanders practically adhere to the older English method of placing their backs; their wing forward and half-back are in reality the quarter-backs of a generation ago; the two five-eighths backs are the half-backs of the same period; while the three-quarter line of players remains as formerly, having the full-back behind them. This formation gives them four lines of players behind the scrummage as opposed to the present British formation of three lines—i.e., the half-backs, the three-quarters, and the full-back. The New Zealanders' backs, when in position, form a wedge-shaped body, with the apex towards the scrummage; their three-quarters, spread well out, are clear of their five-eighths, who are in their turn clear of their half-backs, and each and all of the men in these two lines are invariably in a better position for observing the ball, for keeping clear of the broken "scrums," for passing, and at the same time extending their line towards either wing, than are their opponents.

The whole of their backs can swing round easily to one wing or the other, as a glance at the following diagram (which assumes that a "scrum" is going on in the middle of the field) will indicate:



a being the scrum. *b b* the half-backs (or, in the case of the New Zealanders, the half-back and the wing forward). *c* the New Zealander line of five-eighths. *d d* the line of three-quarters, and *e e* the full-backs. It will be seen that the New Zealanders have one more line of defence and of attack than their opponents.

The superiority of the New Zealanders' formation is that their backs are sufficiently clear of their "scrums" to see not only the ball, but all that is taking place; and it also prevents them from being mixed up in the confusion of the broken scrummages, it enables them to get going as the ball travels to either wing, and, from the more lengthy swing which this deeper position gives them, their three-quarters can not only extend themselves more quickly and in better formation than their opponents, but they can take up their invariably correct position while running forward, and this renders effective their accurate passing.

Behind their half-backs the British teams have, however, only two lines of defence, their three-quarters and their full-back, as against the three lines of defence, the five-eighths, the three-quarters, and the full back of the New Zealanders; and the natural consequence is that, to whichever wing the ball travels, the New Zealanders can with greater rapidity, and certainly less exertion, oppose at least three backs to two of the English. In the Blackheath match and other matches this advantage has been repeatedly noticed—thus, the two wing three-quarters of the Blackheath men invariably found Hunter, MacGregor, and Smith, one five-eighth, and two three-quarter men, facing them on the one side, or Stead, Wallace, and Smith, the other five-eighths and two three-quarter men, on the other side. Smith, as centre three-quarter, has ample time to swing to *either* side, as required, and hence his repeated opportunities of scoring. The three-quarter backs of the Blackheath team, from being too far up, could not get going as the ball came back to them, but had to wait repeatedly for the ball in order to prevent its being thrown forward; and they were in consequence abused for being slow in starting. Moreover, two of them at least were smothered and practically

lost in the confusion of the broken scrums. A glance at the diagram will show that the wedge-shaped defence of the "All Blacks" permits their five-eighths and three-quarter backs to assume an extended position towards either wing with greater ease and quickness than can their opponents, and to this is undoubtedly due their great success in scoring.

The New Zealand captain, Gallagher, deserves all praise for the drill, the discipline, and the scientific placing of his men, and it is a pity that four three-quarters (even five are now being tried) are being used by the home clubs, instead of two lines of two five-eighths and three three-quarter backs.

There is much of interest, too, in the play of the "wing forward" and his feeding of his backs. The position is a splendid one for a strong and "brainy" captain such as Gallagher. At one moment he is, if necessary, one of the "scrum," or from the fact of placing one hand on the backs of the scrummagers he becomes nominally a part of the "scrum," and hence immune from the off-side penalty, and the next he cheerfully resumes the duties of half-back, and even if he frequently breaks sub-section K under penalty clause IV of the revised rules of Rugby football, he is useful, very, to his side! I think the name of "wing forward" a misnomer; it should be "piratical half-back."—FRED G. SHAW (in *Westminster Gazette*).

"I TASTE IT."—By A. R. Camberwell, M.D.

A short time since a very nice cake appeared on the supper-table of a certain family. It was flavoured with lemon extract, and in texture and palatability it met the favour of all who tested it. A little while after eating, however, several began to complain that they "tasted" the lemon. This simply meant that for some reason or other the cake had disagreed with them, and the prominent lemon flavour in it returned to the mouth and made itself disagreeably manifest.

We do not know exactly what particular brand of extract of lemon was used in the case in question, but we would wager a piece of cake that it was of a sort that did not contain any oil of lemon, and notably coloured with aniline dyes and deficient in alcohol strength.

It is not a bit surprising that extract of lemon made from powerful chemicals and containing not a particle of the oil of lemon should offend even the diestive faculties of powerful stomachs and cause those who eat it to "taste" it.

The trouble is that the cry "I taste it" is not loud enough and long enough to make itself heard and felt; consequently thousands of people go on eating embalmed products, wondering why their digestions are so poor, feeling sure that they are poorly nourished, but unable to tell the reason why.

No food laws are more needed than those which shall prevent the addition of so-called preservatives to milk, fruit, vegetables, or meats, whether sold in bulk or tins. A recent report of the North Carolina experiment station showed that out of one hundred samples of canned fruit examined, every one was found to contain so-called food preservatives. Sixty per cent. of the canned vegetables were found to contain preservatives. The effects on the system of the long continued administration of these preservatives must simply be an entire wreck of the digestive functions.

The only safe course to pursue under present circumstances is, whenever possible, to reject canned goods of all kinds. If the general public were made aware of the danger lurking under the brightly coloured labels the falling off in the consumption would be so great that manufacturers in self-protection would be compelled to print on their labels "No preservatives used" and live up to the statement.

Sandow Magazine Readers' Club.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Once a month the names of newly-admitted Fellows will be published under the head of "The Fellowship Roll."

Those already qualified as Fellows and who send further contributions will have attached to their names figures denoting the number of occasions on which they have assisted the Club, thus:—Alfred James (5), Birmingham (meaning that this is Mr. James' fifth occasion of assisting the Club).

Remarkable Progress.

Manchester.

DEAR SIR,—I am sending you a few of my performances before and after taking up Physical Culture with your developer.

Before I started some nine months ago I could not lift a 56 lb. weight. I can now lift 100 lb. with one hand, 140 lb. with two hands, walk round a room supporting 410 lbs., press 50 lb. in each hand four times, lying on the back and lifting 130 lb. from behind, and in addition supporting two 56 lb. and a 6 st. lad on my hands. I can also bend a nail three-eighths of an inch thick, tear a pack of playing cards, and while lying on the back I can raise a 11 st. man with my leg.

My age is 17 years, and my weight 10 st.

Do you think the above worth publishing?—[Yes.—EDITOR.]—Yours truly,

C. B. STANFORD.

P.S.—I wish to become a member of *Sandow's Magazine* Readers' Club.

Chemist on Patent Medicines.

Bournemouth.

DEAR SIR,—I as a chemist endorse your statement as regards patent medicines, which are the curse of the nation, and are tending to ruin the physical welfare of the general public, and if you are starting a campaign against the use of patent medicines I say more power to your elbow.—Yours truly,

CHEMIST.

"Un"-Manning the Navy.

P————,

DEAR SIR,—The change in the SANDOW MAGAZINE has given me much pleasure, so I write to thank you for it. There is always something fresh to be seen in it, so one never tires of looking at it.

In your last number you advise someone to take as their motto, "Do it now." I applied it to myself and other Physical Culturists on board, but find it nearly impossible to carry out your system, unless there are some alterations in the routine of the ship.

There used to be a gymnasium; now it is a workshop, and there is no sign of another place being given to us for exercise. Several of us used to go to another ship, but we were breaking the rules, as sentries are placed in the ship to prevent anyone from going to her unless on duty. They let us go, however, until a "crusher" (ship's police corporal) reported the sentry for allowing men to go to the ship for *gambling* purposes.

The commander said as there were no cards or money seen, he could not believe there was gambling, but punished the men lightly for being in an improper place. The men reported were not "Culturists," but some were working, and the only conclusion we could come to was that the "crusher" heard the clink of your spring dumb-bells, and thought it was money. Our ship is a school, and there are between a ——— and ——— ———-men on the ship's books. There is no room whatever on board. The ——————— has plenty of room, but is the ——————— —— —— ——— instruction ship. We could ask the commander for permission, but he refused one party who asked him, except the use of the upper deck, which they could use. They did not take advantage of that, probably owing to the weather. My pay was reduced by a third last year for refusing to obey the authorities, although I thought I was in the right, but I don't care to rub them the wrong way again and I don't like to ask anyone to do what I am afraid to do. We are, therefore, at a standstill for the time. For myself I can always find a way and time to exercise, but there must be dozens who would be glad of an opportunity to exercise if it came their way, but who won't help to make an opportunity.

With many apologies,

I remain, your sincere admirer,

———— —— ————.

[*For reasons which will be obvious to my readers, I have had to omit the name of my correspondent and anything that will reveal his identity. I refer further to this letter in my Editorial Notes.*—EDITOR.]

SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal footing, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on this page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

COUPON FOR DECEMBER.

Name of Competitor

Address.....

MEASUREMENTS.

Age.....	Upper Arm L.....
Height.....	Fore Arm L.....
Weight.....	Hips.....
Chest Contracted.....	Thigh R.....
Chest Expanded.....	Calf R.....
Waist.....	Thigh L.....
Upper Arm R.....	Calf L.....
Fore Arm R.....	Ankle.....
	Neck.....

We hereby certify that the above measurements are correct. (SIGNED),

Name..... *Name*.....

.....

.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.

Result of August Competition.

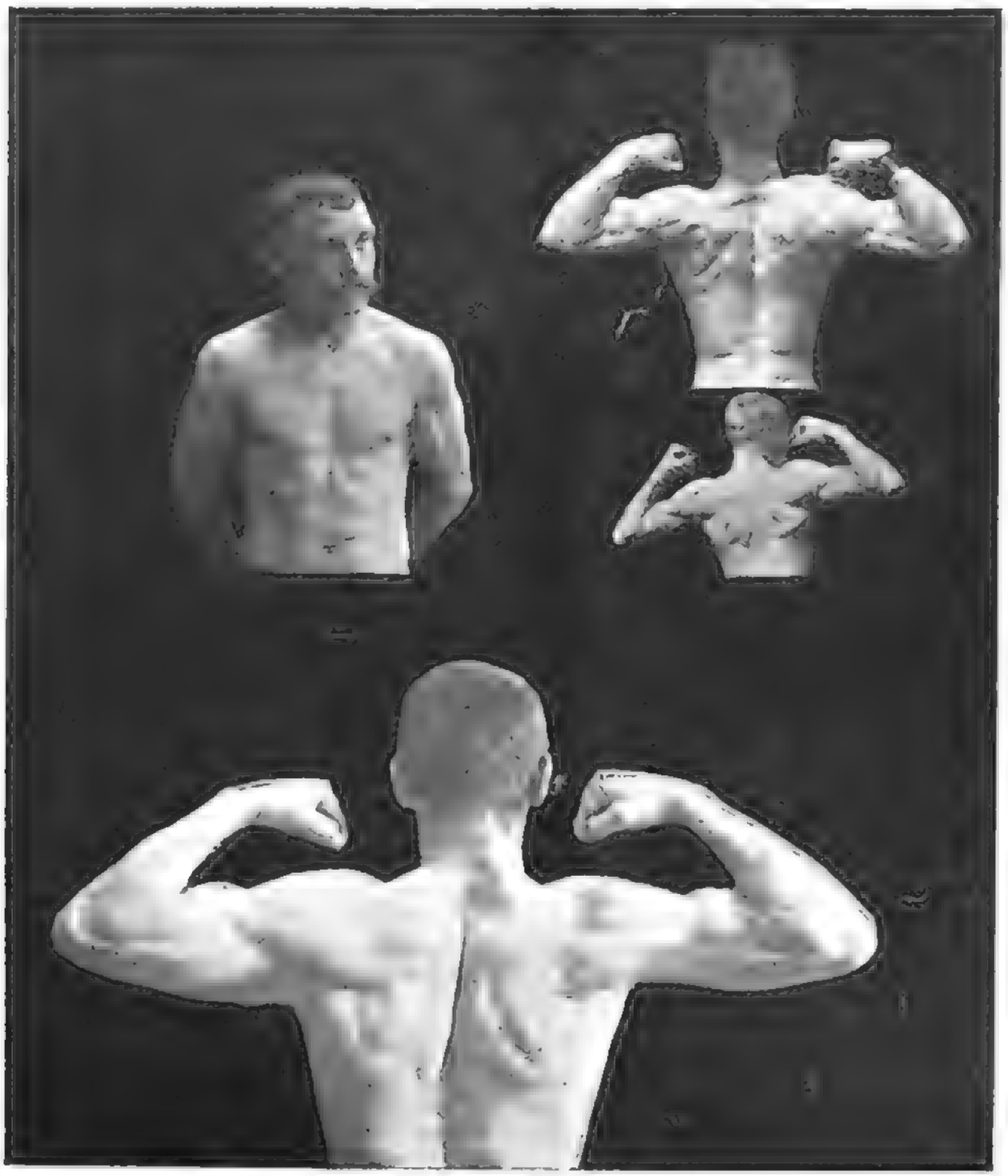
THERE were not so many entries for the August Competition. The winner of the "Above 18" Competition is Mr. A. DANKS, 6, Cambria Road, Camberwell, S.E., who attests measurements, etc., as follow:—

Age, 24 years; height, 5 ft. 5 in.; Weight, 8 st. 4 lbs.; chest contracted, 33½ in.; chest expanded, 41 in.; waist, 27½ in.; upper arm, R., 13½ in.; fore arm, R., 11¼ in.; upper arm, L., 13¼ in.; fore arm, L., 11 in.; hips, 34 in.; thigh, R., 19 in.; calf, R., 14½ in.; thigh, L., 19 in.; calf, L., 14½ in.; ankle, 9 in.; neck, 14½ in.

With reference to correspondence in magazine, he adds that he has "pulled out" a chest expander of 15 developer strands.

The winner of the "Under 18" Competition is F. CRAGGS, 56, Parliament Street, Stockton-on-Tees, whose measurements, etc., are attested as follow:—

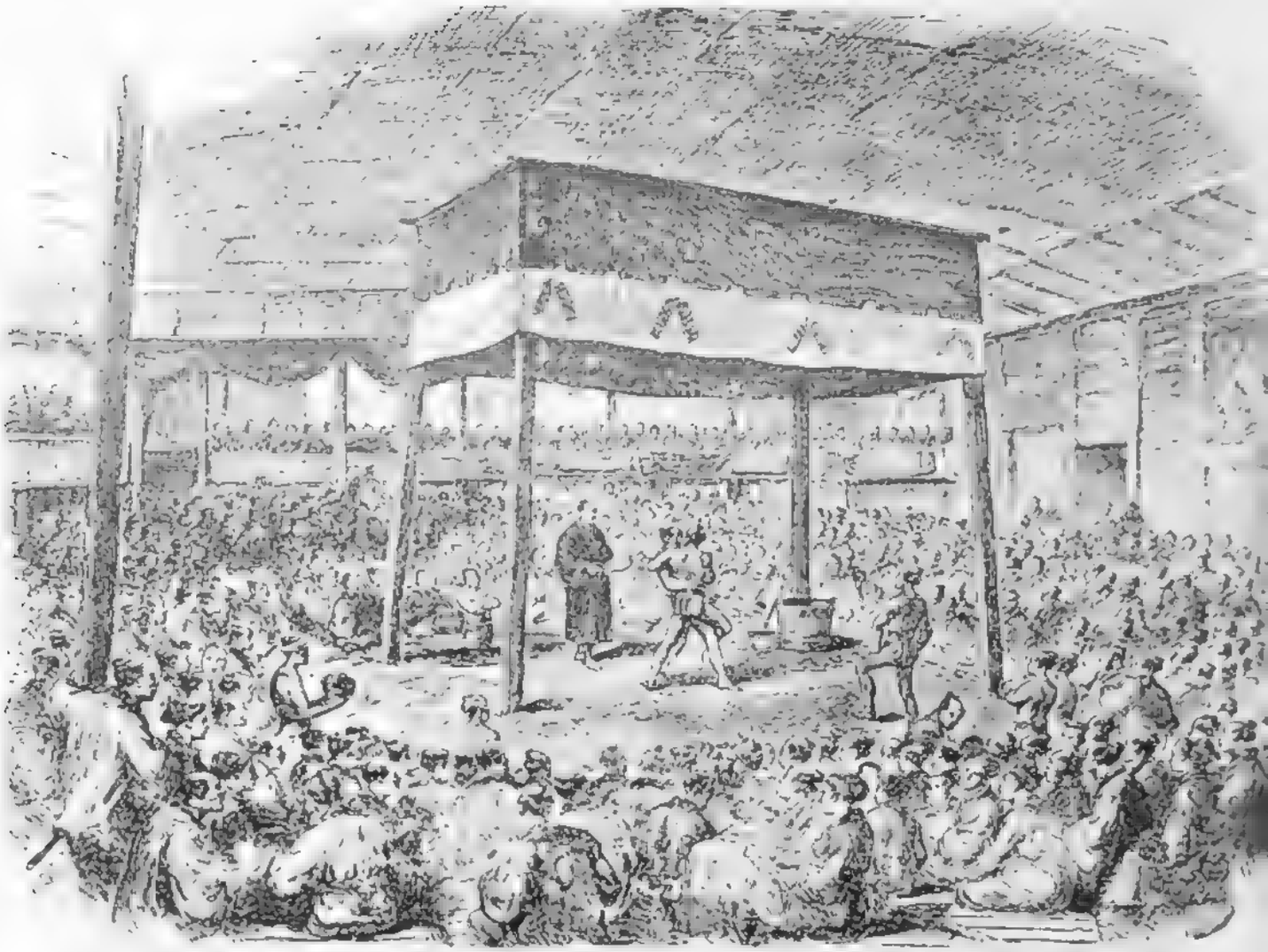
Age, 17 years, 11 months; height, 5 ft. 5 in.; weight, 9 st. 6 lbs.; chest contracted, 35 in.; chest expanded, 41½ in.; waist, 26 in.; upper arm, R., 13½ in.; fore arm, R., 11⅜ in.; upper arm, L., 13¼ in.; fore arm, L., 11¼ in.; hips, 34 in.; thigh, R., 20½ in.; calf, R., 13¾ in.; thigh, L., 20¼ in.; calf, L., 13¾ in.; ankle, 8¼ in.; neck, 14½ in.



J. HARTMAN (H.C.), Preston.
M. JURISS (H.C.), Wellington, N.Z.

(ABOVE 18.)

A. DANKS (*Medallist*), London, S.E.
E. R. DIXON (H.C.), Maritzburg, Natal.



JAPANESE WRESTLERS.

THE BOER AS A WRESTLER.

By "WANDERER" (BROMLEY).

THE Boers are a serious people, and their diversions few. Horse racing and wrestling are almost the only sports in which the Boer engages to any considerable extent. Every district has its champion wrestler. This proud position is seldom held long by the same man, for the championship is esteemed such a high honour that challenges pour in on the holder, who generally meets his Waterloo before very long. Boer wrestling has some peculiar characteristics, both as to style and circumstance. The Boer would seem to be an unadulterated amateur in spirit and practice. He strives for no tangible token, no "pot" or prize money; his only reward is the honour and glory of being champion of his district. This attained, he is satisfied; he is not endowed with that large imagination which enables so many wrestlers, with whose performances we are more or less familiar, to expand their local triumphs into World's Championships. The ambition of the Boer wrestler does not even embrace the area of the Transvaal itself. Nobody has ever heard of "The Terror of the Transvaal," "The Johannesburg Jaguar," "The King of the Dark Continent." No man, it is said, has ever stood out prominently as the champion of the Transvaal, a circumstance which is attributed to the fact that the districts

are so widely separated that the representatives of the northern heights and the southern sections have never met. But one man often holds the championship of the lower and another of the upper country.

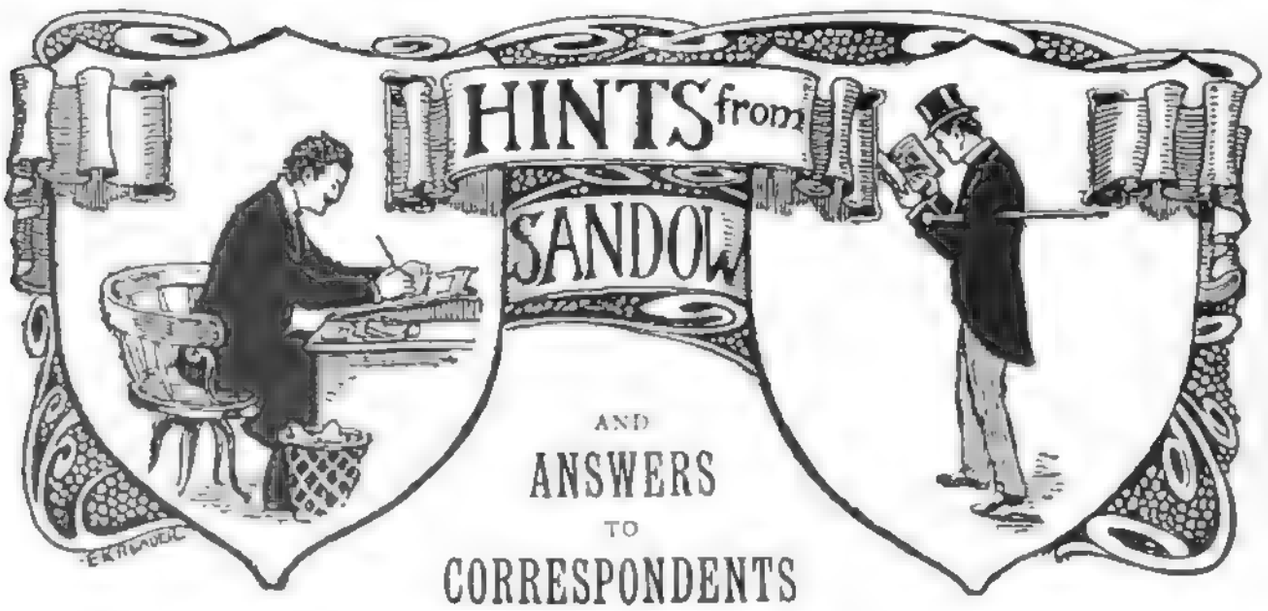
It is not easy to describe the Boer style of wrestling. It is like Græco-Roman, inasmuch as holds below the waist are not allowed. Great licence is, however, permitted in the use of the lower extremities. In all styles of wrestling with which we are familiar in this country, kicking is strictly prohibited. There would, however, appear to be little restriction in the "leg work" of the Boer, which is usually so vigorous that the limbs suffer not a little. To guard against this the contestants wrap several folds of linen, or other cloth, round the legs, from the thigh downwards. This hampers the movements of the wrestlers to some extent, but the man who neglected to take the precaution in the hope of benefiting from superior agility, would have his shins so belaboured by the veldtschoens of his opponent that they would become numbed, whereupon he would fall an easy prey to his antagonist. The veldtschoens are home-made boots of untanned leather.

The Boer method of training is Spartanlike in its severity. One plan is for the man to get on a horse and gallop until the animal is exhausted. Then the rider dismounts, and gives the horse a cut with the sjambok, so that the animal starts off back to the homestead. The man follows as fast as he can on foot. His object in turning the horse loose is to secure that he is put beyond the temptation of remounting when he commences to get weary on the return journey. A Colonial horse covers a deal of ground before it becomes exhausted, and the rider has, consequently, a tough job in doing the return journey on his own shanks. By such means does the Boer inure himself to fatigue.

A favourite form of sport among the Boer boys is the hill race. The steepest hill in the district is selected, and on its summit a boy is stationed with outstretched hands. The competitors start from the foot of the hill, circle round the "watchman," as he is called, and return to the plain, the one who first completes the journey being declared the winner. Men about to go in for wrestling often join the boys in these races. As the hills of the Transvaal are covered with boulders, they require careful negotiating, even when the pedestrian is proceeding at leisure, but when traversed at racing speed, they tax a person's nerve, agility, and endurance to the utmost.

The wrestling contests often take place in the schoolroom, an adjunct of every farming centre, and they are sometimes of three, and sometimes of five, rounds. Occasionally a match falls through, owing to the inability of the contestants to agree to the number of rounds. In thus wrangling over the conditions of a match, the primitive Boer would seem to be not unlike his European brother.

SCHOOL HYGIENE was the subject of a paper by Mr. C. J. Myers, M.R.C.S., Medical Officer of Health of Louth Rural District Council, at the autumn general meeting of the Louth and District Educational Council. To ensure good work from children, he said, they must have a sound mind in a healthy body; for unless a child was in good health his mind would not be properly receptive, nor his memory sufficiently retentive. The first requisite was that he should be properly fed, clothed and kept clean. Whilst at school he should not be overworked, nor kept too long at one subject, and those requiring most application, such as arithmetic, should be taken at the beginning, when the brain was freshest. There should also be a good break in the middle of the morning, spent in the playground. Experiments proved that the best work was done in the first half or three-quarters of an hourly lesson. It was advantageous to split the hour in two, and sing or drill a few minutes in the middle. The position of the children was also important; when sitting they should be erect with the reading book ten inches from the eye, or there was a danger of round shoulders, spinal curvature, or eyestrain. A very important part of the duty of the teacher was to adjust the desks and seats to the scholars, who should sit with their feet flat on the floor, the shin being vertical and the thigh horizontal. Another very important matter was the ventilation of the schoolroom, the regulation of which often required considerable judgment. The warming and ventilation should be made to act together, for one could not have proper ventilation where the heating was faulty, nor could the school be properly heated where the ventilation was bad.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I ***cannot*** prescribe courses here.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

P. D. (DUBLIN) writes to know what is the best way to stop drinking tea, as he always feels very drowsy after drinking it, even while exercising. He would also like to know how to become a member of the Readers' Club.

Answer: Get the better of the habit by gradually reducing strength of tea, that is, if you cannot summon sufficient resolution to give it up without. Some readers have told me that they have cured drug habits by keeping a small pebble in the mouth. The "will power cure" is the best, however.

ADMIRER asks (1) if common razors are used in shaving public performers; and (2) if barbers are employed; also (3) wishes to know how to overcome a bad habit.

Answer.—(1) Yes. (2) Yes, or a friend. (3) Regular physical training will reduce and in time banish all such morbid cravings.

ANXIOUS (G———).—I have used your developer now for about three years, and having derived great benefit from it I have ventured to write and ask for your advice, which please give in your magazine, correspondents' column. I often have occasion to appear in some public way and whenever this occurs I get a sort of nervous, excited feeling which, of course, is very awkward. At first (a year or two ago) I thought it was merely "stage fright" and would wear off in time, which, unfortunately, was not to be the case. My heart, lungs, etc., are perfectly sound, having been examined by two good medical men quite recently, and both of them spoke very highly of my development, which is entirely due to your developer. If there is any way to keep away this heart-beating, horrible feeling, I should be glad to know. I am not nervous, as a rule, but this excited feeling usually comes on whenever I have to do anything in a public way.

Answer: Yours is an uncommon case, seeing that your medical adviser reports that you are sound. You are evidently highly strung, and you should resolutely "practice" along the lines of the "familiarity that breeds contempt." You are not a weakling to be ashamed of yourself. Enter into everything with the self-confidence free from the self-consciousness which this fact should inspire.

MUSCLE.

A Natural Method of Curing Illness without the Employment of Medicine or Drugs.

. . THE .

Sandow Treatment

And its Beneficial Effects on the Muscular & Nervous System.

In reality, muscle plays a very important part in the health of the body and upon the condition of the muscular tissue surrounding the various organs depends whether a person is healthy or ill.

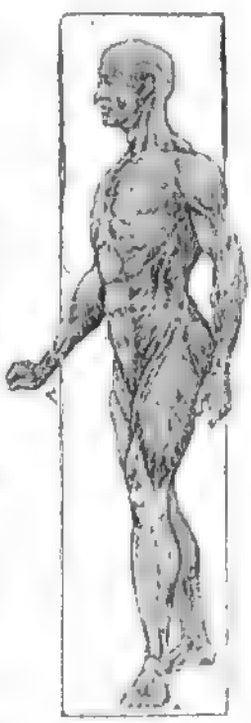
It must be remembered that the great organs of digestion and evacuation are all enveloped in and operated by muscle.

Nervous ailments are notoriously difficult to cure. Yet in all cases of nervous disorders the Sandow Treatment has proved itself an absolute remedy. Why is this?

Simply because the treatment is based on a thorough understanding of this most delicate portion of the body, and only natural means are employed in restoring it to health.

Every nerve ends in muscle, and unless the nerve itself and the muscle are washed by rich, healthy blood, disease ensues.

Nervous Breakdowns.—Whenever a breakdown takes place there will be pain and discomfort. In order to cure, the exact area where the nerve is must be discovered; then, by skilfully directed movements, a regular supply of pure blood must be caused to travel to the spot. This is precisely why the Sandow Treatment is so successful. No medicine or drugs are employed, and instead of pampering the diseased nerve, it is toned up to a sound, healthy condition.



NERVES.

Thousands of sufferers from such ailments as **indigestion, constipation, insomnia, loss of vigour, and various nervous and functional disorders** have already found relief and cure from a course of the Sandow Treatment.

INVITATION TO INVESTIGATE.—If you are a sufferer from any of these illnesses you, too, can be cured quickly and permanently. The treatment entails no inconvenience, and is endorsed by leading medical men.

Those who are the victims of any of these ailments will be interested in Sandow's Book on "Curative Physical Culture," which describes the treatment fully, and a copy of which will be sent free to all applicants describing their ailments, so that a thorough investigation of the methods and results is made before it is undertaken. Write at once for a copy to EUGEN SANDOW, Dept. S., **17, Basinghall Street, London, E.C.**

JAPANESE PHYSICAL TRAINING FOR WOMEN.

MR. W. IRVING HANCOCK, in his recent book on "Physical Training for Women by Japanese methods," states that Japanese women are taught the importance of fresh air as a factor of life. In Japan there is little window glass. In the native houses the panes are of oiled paper, and do not shut out the air, even during the coldest nights of winter; and the Japanese sleep rarely with these paper windows closed.

Fresh air—and a great abundance of it—is the Japanese rule. The woman who lies down for her night's rest has the paper-paned window open a trifle. The air sweeps into the room and passes over her as she lies upon the floor. If she is cold, she adds more bed-clothing; but she does not close the window.

In the morning, one of the first tasks is to go out of doors. There the Japanese woman takes in great breaths of air. This internal cleansing with air is treated as being of more importance than the morning bath that follows soon after. The kitchen and the other rooms of the house show closed windows only on the coldest days of winter. There is no air starvation.

AND THE JAPANESE WOMAN

is a deep breather, as is shown in the strong, firm muscles that stand out at the abdomen.

"Consumption is a rare disease in Japan. Even in winter coughs are of rare occurrence, and this, despite the fact that the real Japanese do not heat their rooms with anything more than a tiny charcoal stove that does not send the temperature of the room up to any appreciable degree, but serves mainly for heating tea, for warming the hands, or for supplying the fire for a cigarette or pipe for the men of the household. When Japanese women wish to feel warmer, they add clothing, just as they would do when going out into the street.

"The Japanese look upon full, deep breathing as being the most vital force in life. Food is not as important, although necessary. The best of exercises are of little value when the breathing that accompanies them is not done properly.

"In Anglo-Saxon countries the corset has come in such vogue that it is almost madness to attack it. But the corset restricts breathing, and, for that reason, it strikes the first deadly blow at the life of a woman. In Japan corsets are worn only by a few 'progressive' women who ape Western customs. The Japanese woman who has never seen a corset will be able, generally, to show a torso that will delight the artist or the sculptor.

"Everyone who has watched a day labourer swinging the pick has noticed the 'ugh' with which he lets his implement strike the earth. This is due to his instinctive knowledge of the necessity for breath. Japanese athletes, when exercising, give vent to the same grunts, which might be called gasps. It is by this method that fresh air is carried deeply into the body. It is through this kind of exercise that the vital forces of the body are kept at their best pitch through the employment of deep breathing.

"No matter what portion of the work a Japanese woman is taking up, she is taught, between each exercise, to go to the window and to inhale a few deep breaths. It is folly to take up a new exercise until the organs have been refreshed by the introduction of several copious breaths of air."

HEAVY-WEIGHT POLICEMEN. The four heavy-weights of the Glamorgan County Police are Inspector Nott, of Llandaff, Inspector David Morris, of Barry Dock, Sergeant D. O. Davies, of Aberdare, and Sergeant William Edward Rees, of Pontypridd. It is said that not one of them can weigh himself on an ordinary automatic machine, which only registers up to twenty stone. It is understood that a fierce competition has set in among these four men of bulk to reduce their proportions. A prize is to be awarded to the first of the quartette who makes it physically possible for him to be weighed on an automatic machine. Dieting, Sandow's exercisers and anti-this and that are among the means pressed into use to win the prize.—*Western Mail.*

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